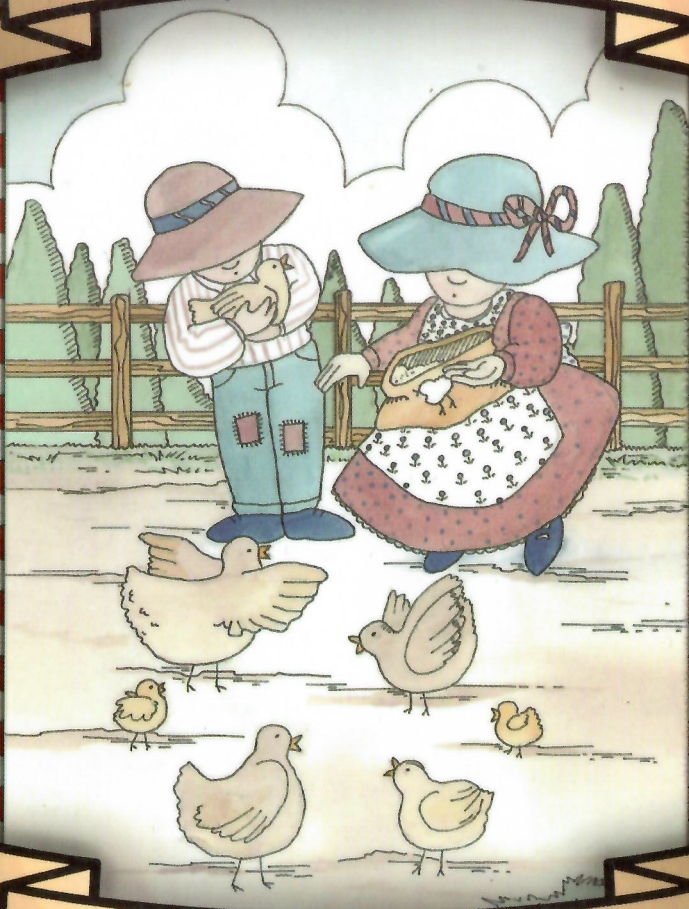


FEEDING THE FLOCK



Fairy Valley Baptist Church

Expression of Appreciation

Our Christian Women's Group wishes to express our sincere appreciation and thanks to all those individuals who took time to donate recipes, helped with the compiling and the selling or in any way contributed to the publication of this wonderful cookbook. We hope that everyone has as much fun using it as we have had putting it together for you. We tried to use all recipes received and regret if there are any errors or omissions. Without your help, this book would not have been possible.

God Bless You,

Fairy Valley
Christian Women's Group



Fairy Valley Baptist Church

Highway 411 North
Crandall, Georgia 30711

"Visitors Are Always Welcome"

Sunday School.....	10:00 a.m.
Sunday Morning Worship.....	11:00 a.m.
Sunday Evening Worship	6:00 p.m.
Wednesday Evening Worship.....	7:30 p.m.
Christian Women's Group Meetings	
Second Tuesday each Month	7:00 p.m.
Youth Group Meetings	
Second Monday each Month	6:00 p.m.

About Our Church ...

Fairy Valley Baptist Church is located on Highway 411, approximately 9 miles north of Chatsworth. The church was founded on September 25, 1938. More than a year of work was put into building the church before it was completed enough to accommodate services. During construction, services were held on the church grounds and at Hall's Chapel Schoolhouse. The new building was erected on land given by charter member Mr. W. B. Rucker. Other founding members include: Mrs. W. B. Rucker, Ben Rucker, Rev. and Mrs. S. A. Crumbley, Cage Plemons, Edward Dunn, Joe Gladden, Mr. and Mrs. Noah K. Hooker, Beulah Hooker, Samuel Hooker, Homer Elrod, Mr. and Mrs. W. P. Rymer, Willie Childers, Lucille Arrowood, Raymond Arrowood, Kendall Arrowood, Eula Patterson Pritchett, Arlie Patterson Mantooth, Arvil Pritchett, Paul Elrod and Ruth Dunn Dalton.

To raise money for the new church, many of the ladies made and sold quilts. The children in Sunday School were encouraged to save their pennies to help purchase brick. The new structure measured 40' x 60' and the interior was made of solid pine. The floor of the auditorium was built on a pitch allowing everyone a clear view of the altar. Bathroom facilities were located on the northwest corner of the church property in the form of an outhouse. Sunday School was held in the unfinished basement, which could only be reached from the outside. Plaster covered dirt banks served as seating. In later years, the dirt was removed, the area was concreted and individual classrooms were built. Notable teachers during the early years included: Ms. Willie Childers, Ms. Lucille Arrowood and Ms. Jesse Grubb. Mr. W. P. Rymer held the office of Sunday School Superintendent from 1938 until his death in 1963. In 1989, new Sunday School rooms and restrooms were built adjoining the south side of the church.

In its early years, the congregation was very active in the North Georgia Baptist Association. Each year, as part of the association, members would prepare home-canned produce to send to the Georgia Orphans Home. Each year, members representing Fairy Valley were sent to the associational meeting.

Some thirty men have pastored Fairy Valley during its sixty years of existence. The first pastor was the Rev. Sam Crumbley. Other early pastors included Edd Payne, Kirby Park and John Vineyard. Rev. Winfrey Crider held the office of pastor for about 15 years, longer than any other in the church's history. The current pastor is Rev. Mike Frazier.

The first person buried in the church cemetery was Alvin O. Dunn, killed in an automobile accident in 1955. Between 1955 and 1960, Truman Burger and Carlton Perry gave over two acres of land to the church for a cemetery. During its forty year existence, nearly four hundred souls have been laid to rest in the Fairy Valley Cemetery.

The congregation has enjoyed many spirit-filled singings, prayer meetings and revivals ran by men such as the Revs. Mark Baxter and Kenneth Hicks. In 1956, membership totaled almost a hundred. In 1972, the numbers had grown to just over 200. The congregation continues to grow in membership, sadly not all members are active.

The church's annual homecoming is held the first Sunday in August. Other events include spring and summer revivals, Vacation Bible School and an annual Christmas program. In recent years, the Fairy Valley Christian Women's Group was established. A few activities they have undertaken include selling calendars, pins and assorted flavorings to raise money to purchase new curtains for the annual Christmas Play; sending cards to the sick and elderly; and hopefully raising enough money to build a fellowship hall, for which purpose this book was compiled. In 1995, a youth group was established. Since its establishment, the group has planted flowers around the church, purchased new song books and completed various other projects. The group's largest undertaking includes four years of research in an effort to compile a comprehensive book on the history of Fairy Valley Church, due to be out by the year 2000.

We are all very proud of our church and look for the Lord to continue blessing the congregation. You are always welcome at Fairy Valley and we encourage you to visit with us soon.

PRAYER FOR PEACE

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy;

O Divine Master, grant that I may seek
not so much to be consoled as to console;
to be understood as to understand;
to be loved as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.

Take Time

*Take time to work ...
it is the price of success.*

*Take time to play ...
it is the secret of perpetual youth.*

*Take time to give ...
it's too short a day to be selfish.*

*Take time to laugh ...
it is the music of the soul.*

*Take time to love and be loved ...
it is a God-given gift.*

*Take time to be grateful ...
it is the key to joy.*

*Take time to meditate ...
it is the path to peace.*

*Take time to pray ...
it is the greatest power on earth.*

Thank God For Dirty Dishes

*Thank God for dirty dishes,
They have a tale to tell.
While others are going hungry,
We're eating very well.
With home and health and happiness,
I shouldn't want to fuss.
For by this stack of evidence,
God's very good to us.*

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APPETIZERS,
RELISHES
&
PICKLES



WHO SATISFIETH THY MOUTH WITH
GOOD THINGS; SO THAT THY YOUTH
IS RENEWED LIKE THE EAGLE'S."

PSALM 103:5



Appetizers

Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut, raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder

Each of these combinations can be served with crackers, thin-sliced toast or chips.

Stir together all ingredients until blended. Cover and chill 1 hour. Serve with assorted crackers. Yields 2 ¼ cups.

Vickie Hulett

MAYONNAISE RELISH

First Mixture:

12 green peppers
12 red peppers

12 green tomatoes
4 onions

Second Mixture:

½ c. flour
½ c. boiling water
1 small jar mustard

3 c. sugar
1 c. vinegar plus 4 tsp.
1 qt. mayonnaise

Grind the first mixture together. Cover with boiling water. Let stand 5 minutes; drain.

Second Mixture: Mix flour with boiling water, then pour into mixture of mustard, sugar and vinegar. Boil 5 minutes. Then mix first and second mixture together. Cook 10 minutes. Before removing from heat, add mayonnaise, then put into jar.

Ruth Taylor

CHOW-CHOW

½ gal. chopped cabbage
1 pt. green or red peppers
½ pt. banana peppers
2 ½ c. sugar or to taste
1 pt. chopped onions
1 pt. chopped green tomatoes
1 c. chopped cucumbers

1 ½ Tbsp. celery seed
1 qt. vinegar
1 Tbsp. mustard seed
1 Tbsp. mixed spices
½ tsp. ground ginger
1 (8 oz.) can tomato soup
½ c. salt

Mix all chopped vegetables with ½ cup salt; let stand overnight. Next, drain as much liquid as you can off vegetables. Tie mixed spices in a bag. Place bag in vinegar; add sugar and simmer 20 minutes. Add vegetables and simmer until hot and well seasoned. Remove spice bag and pack Chow-Chow (hot) in sterilized jars and seal at once.

Juanita Southerland

JUG PICKLES

1 gal. sliced cucumbers	vinegar
1 c. salt	9 c. sugar
2 Tbsp. alum	1 tsp. turmeric

Slice cucumbers and put in glass jug. Mix 1 cup salt with water to cover cucumbers. Let stand 24 hours. Pour off saltwater and rinse. Put back in jug. Mix 2 tablespoons of alum with water to cover cucumbers. Let stand 24 hours. Rinse cucumbers well; put back in jug. Cover with vinegar. Let stand 10 days. Drain vinegar. Do not rinse. Add 3 cups of sugar each day for 3 days, 9 cups total. Mix 1 teaspoon turmeric to first sugar.

Polly Dunn

PICKLED YELLOW SQUASH

8 c. squash, sliced	2 c. vinegar
2 c. onions, chopped	3 c. sugar
¼ c. salt	2 tsp. celery seed
2 bell peppers, chopped	1 tsp. mustard seed
2 small jars pimentos	

Cover squash and onions with salt; let stand 2 hours in cold water, then drain. Combine other ingredients; bring to a hard boil. Add squash mixture; bring to a second boil for 5 minutes. Put in jars and seal. I use pint jars.

Barbara Bartley

FREEZER PICKLES

2 qt. cucumbers, sliced thin	2 Tbsp. salt
1 c. onions and bell pepper, chopped	1 ½ c. sugar
	½ c. vinegar

Let the first 3 ingredients set 2 hours, stirring frequently. Drain. Add sugar and vinegar; freeze or refrigerate.

Augustine Gallman

SQUASH PICKLES

8 c. sliced squash	1 ¾ c. sugar
1 Tbsp. salt	½ tsp. celery seed
2 c. sliced onions	½ tsp. mustard seed
½ c. diced bell pepper	1 ¾ c. white vinegar

APPETIZERS, RELISHES & PICKLES

CHEESE BALL

- | | |
|------------------------------|-----------------------------------|
| 1 lb. Cheddar cheese, grated | dash of garlic salt |
| 1 (8 oz.) pkg. cream cheese | ½ c. nuts |
| dash of onion juice | ¼ c. crushed pineapple (optional) |

Soften two cheeses and blend thoroughly. Add seasonings to taste. Add pineapple. Mix well; form into ball and roll in the nuts that have been crushed fine. Chill slightly in order to roll more easily.

Charlene Hawkins

PIZZA CUPS

- | | |
|-------------------------------|-----------------------------|
| ¾ lb. ground beef | ½ tsp. salt |
| 1 (6 oz.) can tomato paste | 1 can refrigerated biscuits |
| 1 Tbsp. instant minced onions | ½ c. shredded cheese |
| 1 tsp. Italian seasoning | |

Brown and drain beef. Stir in tomato paste, onion and seasonings. Cook over low heat for 5 minutes, stirring frequently. Place biscuits in a greased 12-muffin tin, pressing to cover bottom and sides. Spoon about ¼ cup meat mixture into biscuit-lined cups and sprinkle with cheese. Bake at 400° for 12 minutes or until golden brown.

Sherry Baxter

STUFFED BACON ROLLS

- | | |
|---------------------|---------------------------------|
| 1 tsp. minced onion | 1 egg, well beaten, plus enough |
| 1 stick butter | milk to make 1 c. |
| 1 pkg. stuffing mix | bacon |

Saute onion in butter; stir in stuffing mix. Remove from heat; add liquid and mix thoroughly. Wrap 1 full teaspoon in ½ strip of bacon. Place on ungreased cookie sheet and bake at 450° until bacon cooks. Use toothpick to hold bacon on.

Susan Patterson

MINI PIZZA

- | | |
|--------------------|-------------------|
| 1 can biscuits | 1 lb. ground beef |
| 1 can tomato paste | 1 tsp. oregano |

APPETIZERS, RELISHES & PICKLES

Cook meat with oregano; drain. Spread tomato paste on biscuits, then put meat and sprinkle cheese on. Bake until done; place biscuits on pizza pan. Mash biscuits until all meet together.

Magdalene Stafford

CHEESE BALL

2 (8 oz.) pkg. cream cheese
5 oz. can crushed pineapple,
drained
¼ c. finely chopped onion

¼ c. finely chopped bell pepper
2 c. chopped pecans
1 Tbsp. seasoned salt

Beat cream cheese with fork until creamy. Add all ingredients except chopped pecans; mix well with fork and then form mixture in the shape of a ball. Roll ball in chopped pecans. Wrap in foil and let it set in refrigerator overnight.

*Janice Scott
Susan Patterson
Tonya Langham*

DIP FOR FRESH VEGETABLES

3 oz. cream cheese, softened
½ c. mayonnaise
¼ c. sour cream
1 Tbsp. lemon juice

1 tsp. curry powder
½ tsp. salt
1 (4 ½ oz.) can chopped ripe
olives

Combine softened cream cheese, mayonnaise and sour cream until smooth. Add seasonings. Fold in chopped ripe olives.

Mary Davis

SAUSAGE BALLS

1 lb. pork sausage (mild or hot)
1 lb. Cheddar cheese, grated

3 c. Bisquick

Mix all ingredients together and shape into small balls. Place on ungreased cookie sheets. Bake at 350° until golden brown.

*Susan Patterson
Ruth Taylor
Charlene Hawkins*

CHEESE BALL BELLS

1 (8 oz.) cream cheese
 ½ c. shredded sharp Cheddar
 cheese

1 small onion, finely chopped
 1 Tbsp. Worcestershire sauce

Add all ingredients in a mixing bowl and mix at low speed. Shape ball and refrigerate. Serve with choice of crackers.

Ima Lee Caylor

FRUIT DIP

2 (8 oz.) pkg. fruit flavored cream
 cheese

2 (7 oz.) jars marshmallow cream
 1 small container Cool Whip

Cream the cream cheese; add marshmallow cream. When well blended, add Cool Whip. Serve with chunks of cantaloupe, honeydew melon, pineapple, apple, banana, grapes, strawberries, etc.

Susan Patterson

DILLED SHRIMP DIP

¼ c. milk
 1 pkg. cream cheese
 1 can shrimp, drained and
 chopped

1 tsp. lemon juice
 1 tsp. Worcestershire sauce
 ½ tsp. garlic salt
 ¼ tsp. dill weed

Blend milk gradually into cream cheese. Stir in shrimp, lemon juice, Worcestershire sauce, garlic salt and dill weed. Cover and refrigerate at least 1 hour.

Ruth Taylor

PINK SHRIMP DIP

8 oz. pkg. cream cheese
 ⅓ c. mayonnaise
 ¼ c. chili sauce
 ¼ tsp. Worcestershire sauce
 2 tsp. lemon juice

½ tsp. onion juice or fine grated
 onion
 6 oz. small cooked shrimp, finely
 chopped

Blend with mixer. Chill. Serve on crackers or with chips as a dip.

Kathy Baxter

APPETIZERS, RELISHES & PICKLES

MACHO NACHO DIP

8 oz. Velveeta cheese
1 lb. ground beef

1 (8 oz.) jar salsa
tortilla chips

Brown meat; drain. Melt cheese and add salsa. Combine with meat. Serve with chips.

Sherry Baxter

PHILADELPHIA DIP

1 (8 oz.) cream cheese
1 tsp. onion, grated

$\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. milk

Beat ingredients until smooth and soft as warm butter. Put in serving bowl and place in refrigerator.

Ima Lee Caylor

MEXICAN DIP

$\frac{3}{4}$ pkg. Velveeta cheese
1 lb. ground beef
1 lb. mild sausage

1 can Ro-Tel tomatoes
1 can cream of mushroom soup

Brown ground beef and sausage. Drain grease. Add tomatoes, cheese and soup. Stir on low heat until completely melted. Stir constantly. Serve with Doritos chips.

Tracie Dunn

SPINACH DIP

1 pkg. Knorr vegetable soup mix
1 (10 oz.) frozen chopped
spinach, thawed and squeezed
1 c. mayonnaise

2 green onions, chopped
 $\frac{1}{2}$ tsp. lemon juice
1 c. sour cream

Mix all ingredients and refrigerate. Best if made night before serving.

Judy Reynolds

GINGER DIP

1 c. reduced-fat mayonnaise
1 c. nonfat sour cream
 $\frac{1}{4}$ c. minced onion
 $\frac{1}{4}$ c. whole water chestnuts,
drained and chopped

$\frac{1}{4}$ c. chopped fresh parsley
2 garlic cloves, minced
2 Tbsp. candied ginger, chopped
1 Tbsp. lite soy sauce

Combine squash, onion and salt. Let stand 1 hour. Combine pepper, vinegar, sugar and seeds. Bring to a boil. Add squash and onions and return to a boil. Pack in hot jars and cover with vinegar.

Augustine Gallman

GREEN TOMATO PICKLES

7 lb. tomatoes	2 qt. vinegar
3 c. pickling lime	6 tsp. plain salt
2 gal. water	1 stick cinnamon

Slice tomatoes and cover with pickling lime to water. Soak 24 hours. Drain; rinse well. Soak 4 hours in fresh ice water, changing water every hour. Make syrup of 4 pounds sugar, vinegar, plain salt and cinnamon. Pour over tomatoes. Green food coloring may be added for brighter green. Cover, if desired.

Mildred Bartley

SWEET ONION RELISH

2 large sweet onions, chopped	1 ½ tsp. salt
1 Tbsp. oil	½ tsp. dried crushed red peppers
¼ c. apple jelly	

Put onions in hot oil in a large skillet; cook 10 minutes over medium-high heat. Stir often. Add remaining ingredients, stirring until jelly melts. Cook 14 minutes.

Mildred Bartley

MARINATED MUSHROOMS

1 (8 oz.) can mushrooms	1 tsp. Worcestershire sauce
2 buds garlic, peeled and halved	1 drop hot sauce
2 Tbsp. olive oil	½ tsp. salt
4 tsp. red wine vinegar	

Drain mushrooms and reserve liquid. Place half of the mushrooms in a glass jar and put one bud garlic on top. Add remaining mushrooms and place another bud of garlic on top. Mix all other ingredients and pour over mushrooms. Shake jar and mix well. Store in refrigerator. Allow to marinate for at least 24 hours. Yield: 2 servings. Diabetic.

Juanita Stafford

BREAD AND BUTTER PICKLES

4 lb. cucumbers, sliced
3 onions, sliced
½ c. coarse salt
5 c. sugar

5 c. cider vinegar
1 ½ tsp. turmeric
1 ½ tsp. celery seed

Cover cucumbers, onions and salt with cold water and ice cubes. Let sit about 3 hours. Do not use metal container. Mix sugar, vinegar, turmeric and celery seed and simmer 30 minutes. Pour cold water off cucumbers and pack in jars; cover with hot liquid. Process 10 minutes in hot water bath.

Barbara Bartley

PEPPER RELISH

30 green tomatoes
10 onions (medium to large)
6 bell peppers
6 red hot peppers

6 green hot peppers
1 c. plain salt
3 c. vinegar
3 c. sugar

Chop the first 5 ingredients. Sprinkle salt over all. Let stand 1 hour; drain. Add vinegar and sugar. Bring to boil and cook for about 10 minutes. Seal in jars.

*Grace Gladden
Kaye K. Gladden*

CHOW-CHOW

1 peck green tomatoes
10 large onions
6 green bell peppers
6 red bell peppers
2 heads cabbage
10 cucumber pickles
4 hot red peppers

2 bunches celery
1 c. salt
½ c. mustard
2 c. sugar
1 Tbsp. turmeric
1 qt. vinegar

Wash and drain vegetables. Chop all vegetables fine. Pour over the chopped tomatoes a scalding brine of salt to 3 cups water. Let stand 3 hours. Drain. Mix mustard, sugar, turmeric and vinegar. Bring to boil, stirring constantly. Put chopped vegetables (except celery) in vinegar mixture and boil 10 minutes. Add celery last. Pack in jars. Process in boiling water bath 15 minutes.

*Grace Gladden
Kaye K. Gladden*

GREEN TOMATO RELISH

- | | |
|-------------------------------------|-------------------------|
| 1 qt. finely chopped green tomatoes | 1 qt. vinegar |
| 3 chopped red sweet peppers | 1 ½ Tbsp. salt |
| ¼ c. mustard seed | 2 chopped green peppers |
| 2 qt. finely chopped cabbage | 2 chopped onions |
| 1 ½ tsp. allspice | ¼ c. brown sugar |
| | 1 Tbsp. celery seed |

Drain the chopped vegetables. Add all other ingredients to vegetables. Cook slowly for about ½ hour. Pack hot into jars. Process in boiling water bath 15 minutes.

*Grace Gladden
Kaye K. Gladden*

PEPPER RELISH

- | | |
|---|---------------|
| 1 doz. sweet green peppers (use hot peppers to make it hot) | 2 pt. vinegar |
| 1 doz. sweet red peppers | 3 Tbsp. salt |
| 3 large onions | 2 c. sugar |

Wash and drain vegetables. Chop peppers and onions fine. Cover with boiling water and let stand 10 minutes. Drain and cover again with boiling water and bring to a boil. Then let stand again; drain dry. Add vinegar, sugar and salt. Cook 15 minutes. Pack hot into jars. Process in boiling water bath for 5 minutes.

*Grace Gladden
Kaye K. Gladden*

FREEZER CUCUMBERS

- | | |
|---------------------------------|---------------------|
| 7 c. cucumbers, sliced round | 1 tsp. celery seeds |
| 1 c. onions, cut up fine | 1 c. white vinegar |
| 1 c. sweet peppers, cut up fine | 2 c. sugar |
| 2 tsp. salt | |

Mix ingredients together. Refrigerate for 12 to 24 hours. Take out, put in containers and freeze.

Juanita Southerland

HOT PEPPER AND TOMATO PICKLES

- | | |
|--------------------|--------------------------|
| 1 gal. vinegar | 1 c. sugar |
| 1 c. pickling salt | 1 Tbsp. liquid sweetener |

APPETIZERS, RELISHES & PICKLES

Mix all ingredients. Put tomatoes and peppers in jars. Pour mixture over peppers and tomatoes. You do not have to heat. Put lids on jars. Let stand 7 days before eating.

In memory of Pearl Parson.

Edith Parson

→EXTRA RECIPES←



SOUPS,
SALADS
&
SAUCES

“THEN THE LORD GOD TOOK THE MAN
AND PUT HIM INTO THE GARDEN OF
EDEN TO CULTIVATE IT AND KEEP IT.”

GENESIS 2:15



Salads

Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks, which are high in cholesterol

Pimento

Radishes

Green Pepper

Chicken

Carrots

Celery

Tomatoes

Cooked Beets

Cauliflower

Broccoli

Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.

Tear greens instead of cutting to avoid bruising with a knife.

Remove the waxy outer skin of cucumbers before slicing.

Marinate tomato wedges separately in a vinaigrette; then add to salad.

To core lettuce, smack head down hard on counter top.

Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain *no cholesterol!*

SOUPS, SALADS & SAUCES

BROCCOLI SALAD

- | | |
|-----------------------------------|-------------------------------|
| 3 broccoli bunches | 1 pkg. shredded sharp Cheddar |
| 1 small red onion | cheese (2 c.) |
| 1 (12 oz.) bacon, cooked crisp or | 1 c. mayonnaise |
| 1 can Hormel bacon bits | ¼ c. sugar |
| | 2 Tbsp. vinegar |

Mix your broccoli, onion, bacon and cheese together in a large bowl. Set aside. Blend mayonnaise, sugar and vinegar together. Mix this thoroughly into salad mixture. Chill well.

Rita Rymer

SPECIAL POTATO SALAD

(Serves 6)

- | | |
|-----------------------------|-------------------------|
| 4 c. cooked, diced potatoes | 1 tsp. prepared mustard |
| 1 ½ c. sliced celery | ½ tsp. celery seed |
| ½ c. chopped onion | 1 ½ tsp. salt |
| ¼ c. sliced radishes | ⅛ tsp. pepper |
| 1 c. mayonnaise | lettuce leaves |
| 1 Tbsp. vinegar | |

Combine all ingredients except lettuce; refrigerate. Serve on lettuce leaves and garnish with hard-cooked eggs, tomato wedges and sliced olives, if desired.

Mary Jane Watson

POTATO SALAD

- | | |
|-------------------|--------------------|
| 8 large potatoes | ½ c. diced pickles |
| 5 boiled eggs | ¼ c. pickle juice |
| ½ c. diced onion | 1 c. mayonnaise |
| ½ c. diced celery | 1 tsp. salt |

Peel and dice potatoes; cook with teaspoon of salt until tender. Drain. Put next 5 ingredients in potatoes while hot. Let cool. Add mayonnaise. Fourteen day pickles are best when used with this recipe.

Edith Parson

SWEDISH COLE SLAW

- | | |
|-----------------------------------|--------------------|
| 1 large head cabbage, shredded | ½ tsp. celery seed |
| 1 medium green pepper,
chopped | 1 c. sugar |
| 1 large onion, chopped | 1 c. white vinegar |
| ½ tsp. mustard seed | ¾ c. salad oil |

Combine all ingredients; set aside.

Bring sugar, vinegar and oil to a boil and, while hot, pour over cabbage mixture. Do not stir until cold. Cover and put in refrigerator. Will keep for days. Serves 10 to 12.

Juanita Stafford

CUCUMBER SALAD

- | | |
|---|--------------------------------------|
| 4 c. sliced cucumbers (with peels
optional) | 1 medium onion, chopped |
| 1 pkg. Ranch style dressing,
follow directions on pkg. | 1 medium red bell pepper,
chopped |
| | 1 pkg. salad topping |

In large serving bowl, mix cucumbers, onions, peppers and salad dressing. Top with your favorite salad topping for a garnish. Chill 1 hour before serving.

Shirley Bartley

SLAW DRESSING

- | | |
|-------------------------|---------------------|
| 2 Tbsp. water | vinegar |
| 1 ½ c. sugar | 1 ½ c. cooking oil |
| 1 medium onion | 2 tsp. salt |
| 1 tsp. prepared mustard | 1 Tbsp. celery seed |

Put 2 tablespoons water in measuring cup. Add enough vinegar to make ¾ cup. Blend all ingredients in blender. Keep in airtight container in refrigerator. Pour on cabbage mixture to make slaw.

Susan Patterson

WALDORF SALAD

- | | |
|-----------------------------|-----------------------------|
| 3 c. chopped apples | ½ c. chopped walnuts |
| 2 c. miniature marshmallows | Miracle Whip salad dressing |
| 1 c. thin celery slices | |

Combine apples, marshmallows, celery and walnuts. Add enough salad dressing to moisten. Toss lightly. Chill. Add additional salad dressing and garnish with apple slices before serving, if desired. Makes 6 to 8 servings.

Juanita Stafford

EGG SALAD

(Makes 2 Cups)

4 hard-cooked eggs, chopped
 ½ c. mayonnaise
 ½ c. chopped ham

2 Tbsp. sliced green onions
 2 tsp. Dijon mustard
 dash of freshly ground pepper

In small bowl, combine eggs, mayonnaise, ham, green onions, mustard and pepper. Cover; chill.

Mary Jane Watson

FRUIT SALAD

1 can Mandarin orange slices
 1 can fruit cocktail
 ¼ c. chopped cherries
 1 can crushed pineapple
 3 Tbsp. powdered sugar

1 small pkg. miniature
 marshmallows
 1 small carton sour cream
 1 container whipping cream

Drain all cans of fruit. Beat whipping cream and add sour cream. Add remaining ingredients. Chill for 1 hour.

Juanita Southerland

SWEET POTATO SLAW

½ c. mayonnaise
 ½ c. sour cream
 2 Tbsp. honey
 2 Tbsp. lemon juice
 1 tsp. lemon peel, grated
 ½ tsp. salt
 ¼ tsp. pepper

3 c. shredded, peeled, uncooked
 sweet potatoes
 1 medium apple, peeled and
 chopped
 1 (8 oz.) can pineapple tidbits,
 drained
 ½ c. chopped pecans

In small bowl, combine first 7 ingredients; blend until smooth. In a large bowl, combine potatoes, apple, pineapple and pecans. Add dressing and toss to coat. Cover and refrigerate for at least 1 hour.

Sherry Baxter

QUICK SALAD

- | | |
|-------------------------|-------------------------|
| 1 carton Cool Whip | 1 carton cottage cheese |
| 1 pkg. dry orange jello | 1 can fruit cocktail |

Mix well and refrigerate at least 1 hour. Keeps well.

Mary Davis

STRAWBERRY GLAZED FRUIT SALAD

- | | |
|---------------------------------|---------------------------------|
| 1 qt. fresh strawberry halves | 4 firm bananas, sliced |
| 1 can pineapple chunks, drained | 1 jar or pouch strawberry glaze |

In a large bowl, gently toss strawberries, pineapple and bananas. Fold in the glaze. Chill for 1 hour.

Abby Morris

CHICKEN SALAD

- | | |
|----------------------------|--------------------------|
| 2 cans chunk white chicken | ¼ c. sweet pickle relish |
| ½ tsp. celery | ½ c. mayonnaise |
| ½ tsp. onion | |

Mix all ingredients. Stir until blended. Serve any way you like.

Ruth Taylor

BROCCOLI AND RAISIN SALAD

- | | |
|---------------------------------------|-------------------------------------|
| 3 heads broccoli, cut in small pieces | 4 slices bacon, cooked and crumbled |
| ½ c. chopped onion | ¼ c. raisins |

Toss ingredients together.

Dressing:

- | | |
|-----------------|-----------------------|
| 1 c. mayonnaise | 2 Tbsp. white vinegar |
| 2 Tbsp. sugar | |

Mix all together and stir into broccoli mixture.

Augustine Gallman

LAYERED SALAD

- | | |
|--------------------------------------|--|
| 1 head lettuce | 1 ½ c. sharp Cheddar cheese, grated |
| ½ c. chopped bell pepper | 10 to 12 slices crumbled, cooked bacon |
| 1 small purple onion, sliced | ½ c. chopped celery |
| ½ can sliced water chestnuts | |
| 1 ¾ c. mayonnaise plus 2 Tbsp. sugar | |

Break lettuce into small pieces in bottom of 9 x 12-inch pan. Put celery, pepper and water chestnuts on lettuce. Cover with onion slices. Spread mayonnaise and sugar mixture on onion and put bacon on top. Cover bacon with cheese. Can be made a day ahead.

Tonya Langham

GREEN JELLO SALAD

- | | |
|-------------------------|---------------------|
| 1 can crushed pineapple | 1 c. cottage cheese |
| 1 pkg. Cool Whip | 1 small pkg. nuts |
| 1 cream cheese | 2 pkg. green Jell-O |

Boil green Jell-O; add ice cubes to cool. Combine Jell-O, Cool Whip, cream cheese, cottage cheese and pineapple. Whip together with mixer, then put nuts on top. Refrigerate to set.

Mildred Bartley

EGG SALAD

- | | |
|--------------------|---------------------|
| 2 hard-boiled eggs | ½ tsp. mustard |
| 1 c. sour cream | 2 to 3 dill pickles |
| ½ c. mayonnaise | |

Chop eggs and mix with mayonnaise and mustard. Mix all ingredients together and serve on bread or with crackers.

Magdalene Stafford

ORANGE SALAD

- | | |
|--------------------------------|----------------------------|
| 1 (15 oz.) mandarin oranges | 1 (6 oz.) box orange jello |
| 1 (15 ¼ oz.) pineapple tidbits | 1 c. pecans |
| 1 (24 oz.) cottage cheese | 1 small can coconut |
| 1 (16 oz.) Cool Whip | |

Drain oranges and pineapple. Add cottage cheese, Cool Whip, pecans and coconut. Slowly stir in dry jello.

Janice Scott

SWEET AND SOUR SALAD

- | | |
|-----------------------------------|------------------------|
| 1 head cauliflower, cut in pieces | 2 small purple onions |
| 1 bunch broccoli, cut in pieces | ½ c. pecans or raisins |
| 12 oz. bacon, cooked and crumbled | |

SOUPS, SALADS & SAUCES

Dressing:

- | | |
|---------------------------|------------|
| 1 c. mayonnaise | ½ c. sugar |
| 3 Tbsp. red cider vinegar | |

Mix together; pour over salad. Refrigerate for awhile before serving.

Mae Dunn

PINEAPPLE SALAD

- | | |
|--------------------------------|------------------------|
| 1 large can drained pineapple | 1 c. cottage cheese |
| 1 (3 oz.) box strawberry jello | 1 large whipping cream |

Drain pineapple. Pour dry jello over pineapple. Mix well. Add cottage cheese, then slowly mix in whipping cream. Mix all together. Put in serving dish and set in refrigerator for an hour or so before serving.

*Leona Brooks
Georgia Patterson*

FRUIT SALAD

- | | |
|---|-------------------------------------|
| 8 oz. cottage cheese | 1 large can fruit cocktail, drained |
| 1 small can crushed pineapple,
drained | 6 oz. strawberry Jell-O |
| | 8 oz. Cool Whip |

Mix all ingredients and refrigerate.

Magdalene Stafford

PEACH SALAD

- | | |
|--------------------------------|----------------------------|
| 4 large, firm and ripe peaches | ¼ c. coconut |
| 1 small pkg. cream cheese | ¼ c. raisins, snipped fine |
| 2 Tbsp. boiling water | 2 Tbsp. orange marmalade |
| ¼ c. chopped pecans | |

Skin, half and remove stones from peaches; sprinkle with diluted lemon juice to retain color; drain. Arrange on lettuce leaves and center with scoop of following mixture.

Cream the cream cheese and whip in boiling water. Add remaining ingredients and mix well. Drop by spoonfuls into peach halves.

*Leona Brooks
Georgia Patterson*

JELLO BLUEBERRY SALAD

- | | |
|---|------------------------|
| 2 (3 oz.) pkg. mixed fruit Jell-O | 1 (8 oz.) cream cheese |
| 2 c. boiling water | ½ c. sugar |
| 1 (8 oz.) can crushed pineapple,
drained (save liquid) | ½ pt. sour cream |
| 1 (15 oz.) can blueberries,
drained (save liquid) | ½ c. chopped pecans |
| | 1 tsp. vanilla |

Dissolve Jell-O in 2 cups boiling water. Drain pineapple and blueberries and measure liquid. Add enough water to liquid to make 1 cup; stir in dissolved Jell-O. Stir in fruit and pour into 9 x 13 pan. Chill until firm. Combine sugar, cream cheese and 1 teaspoon vanilla. Spread over Jell-O after Jell-O has chilled. Sprinkle chopped nuts on top of cream cheese mixture.

Susan Patterson

CREAM CHEESE SALAD

- | | |
|------------------------|------------------|
| 2 (8 oz.) cream cheese | 2 Tbsp. onion |
| 1 can small pineapple | ¼ c. bell pepper |
| 1 Tbsp. salt | ¼ c. pecans |

Mix all ingredients together. Serve with Town House crackers.

Ima Lee Gaylor

CHERRY COKE SALAD

- | | |
|--|--|
| 1 small (1 oz.) pkg. sugar-free
cherry Jell-O | 1 large can crushed pineapple
(undrained) |
| 1 small (1 oz.) pkg. sugar-free
lemon Jell-O | 1 can sour pitted cherries |
| | 1 (12 oz.) can diet Coke |

Heat pineapple with juice and Jell-O. Stir until Jell-O is dissolved. Add Coke and cherries and mix well. Chill until set.

Juanita Stafford

5-CUP SALAD

- | | |
|---|-----------------------------|
| 1 (8 ¾ oz.) can pineapple tidbits,
drained (can use ⅔ c. crushed
pineapple) | 1 c. shredded coconut |
| 1 c. mandarin orange segments | 1 c. miniature marshmallows |
| | 1 c. dairy sour cream |

SOUPS, SALADS & SAUCES

Combine ingredients. Chill several hours or overnight. Makes 5 or 6 servings. A few salad cherries chopped on top makes it very pretty for Christmas.

*Leona Brooks
Georgia Patterson*

CUCUMBER SALAD

3 large cucumbers
2 tsp. salt
½ c. sugar

¾ c. cider vinegar
1 large onion, sliced

Wipe the cucumbers, then score the skin by pulling the tines of a sharp fork down the full length all around. Slice very thin. Place in a bowl and sprinkle with salt and sugar. Add the vinegar. Press into container and refrigerate.

*Leona Brooks
Georgia Patterson*

CARROT-APPLE SALAD

2 c. shredded carrots
1 c. unpeeled apples, cored and
chopped (2 small)
¼ raisins

2 Tbsp. chopped pecans
⅓ c. mayonnaise
½ tsp. apple pie spice
1 tsp. lemon juice

In a medium bowl, combine carrots, apples, raisins and pecans. Add mayonnaise, apple pie spice and lemon juice. Toss lightly to combine. Cover and refrigerate for at least 1 hour.

Charlene Hawkins

KRAUT SALAD

1 pt. can chopped kraut
1 c. chopped onion
1 c. chopped celery
1 c. chopped sweet pepper
(medium size red or green)

½ c. sugar
½ c. vinegar
½ c. salad oil

Mix well and let stand for 1 hour. Be sure to use chopped kraut.

Barbara Bartley

GREEN BEAN SALAD

- | | |
|--|--------------------|
| 1 (16 oz.) can French-style sliced green beans | ¼ c. sugar |
| 1 green onion | ⅛ tsp. garlic salt |
| ½ c. white vinegar | 4 Tbsp. water |
| | 2 Tbsp. oil |

Drain beans well. Transfer to medium bowl. Use scissors to snip in green onion. Set aside.

In pint pitcher, measure vinegar. Add sugar and garlic salt; mix well. Add water and oil; beat with whisk or fork. Pour over beans; toss with fork to mix. Cover; refrigerate overnight for flavors to blend. Serve cold.

Mary Jane Watson

CHERRY COLA SALAD

- | | |
|---|-------------------------------------|
| 1 (6 oz.) box sugar-free cherry jello | 16 oz. can cherries packed in water |
| 20 oz. can crushed pineapple (no sugar) | 1 c. chopped pecans |
| | 16 oz. diet caffeine free Coke |

Put pineapple juice and cherry juice in saucepan and get to boiling point. Add jello; stir quick. Put in refrigerator until it starts to gel. Add everything else. Chill until gets firm.

Icing:

- | | |
|----------------------|-------------------------|
| 3 Tbsp. orange juice | 1 tsp. orange peel |
| 1 tsp. lemon juice | ¼ tsp. salt |
| 1 Tbsp. sugar | 8 oz. lite cream cheese |

Soften cream cheese. Add all ingredients together.

Karen Dunn

TARTAR SAUCE

- | | |
|------------------------------------|-------------------------|
| 1 c. mayonnaise | 2 tsp. chopped pimiento |
| 2 Tbsp. finely chopped dill pickle | 1 tsp. grated onion |
| 1 Tbsp. snipped parsley | |

Mix all ingredients and refrigerate. Makes 1 cup.

Mary Jane Watson

THANKSGIVING GRAVY

(No Giblets!)

chicken breasts
salt and pepper to taste
sweet basil

2 bay leaves
1 c. milk
2 Tbsp. cornstarch

In a large saucepan, wash and place chicken, basil, bay leaves and salt and pepper. Cover with water and boil 45 minutes or until chicken is fully cooked. Remove chicken pieces to cool. Set aside broth until chicken is ready to be put back in. When chicken is cool, tear into small pieces, being careful to remove any fat, gristle and bones. Add back to broth and bring back to a boil when chicken is again boiling. Place cornstarch in a cup. Pour milk over cornstarch and beat into the milk with a fork until completely mixed. Immediately pour into chicken mixture. Stir as with any gravy, until boiling and thickened. Remove bay leaves before serving.

Note: Chicken can be done ahead of time and put back on to boil when ready to serve. Also gravy can be reheated.

Teresa Cloer

MICHIGAN SAUCE

2 tsp. brown sugar
1 Tbsp. paprika
1 tsp. salt
2 Tbsp. Worcestershire sauce
2 Tbsp. white vinegar

1 tsp. dry mustard
¼ tsp. chili powder
½ tsp. cayenne pepper
1 can tomato paste

Mix and simmer. Add to mixture 1 pound ground beef and ½ cup onions.

This recipe is enough for 1 pound hot dogs. The longer it cooks, the more flavorful it is. Dilute to desired thickness with water and tomato juice.

Judy Reynolds

BARBECUE SAUCE

1 can tomato soup
1 large onion, chopped
¼ c. catsup
1 ½ tsp. salt

½ c. Worcestershire sauce
½ Tbsp. sugar
⅓ c. vinegar

Place meat in glass dish. Mix barbecue sauce. Pour over meat; place in 350° oven for 1 hour.

Virginia Etheridge

BARBECUE SAUCE

- | | |
|------------------------------|---------------------------|
| 1 large or 2 small onions | 2 Tbsp. white vinegar |
| 2 Tbsp. mustard | 1 tsp. black pepper |
| 1 stick margarine | 1 Tbsp. salt |
| 1 Tbsp. soy sauce | 1 c. dark brown sugar |
| 2 Tbsp. Worcestershire sauce | juice from 1 lemon |
| 1 Tbsp. Tabasco sauce | 1 (32 oz.) bottle ketchup |

Cook onions until tender in 1 cup water, covered, about 10 minutes. Leave water in; make sure stove is on medium-high. Add remaining ingredients. Boil for 1 minute. Rinse ketchup bottle with 1 cup water.

Susan Patterson

SPAGHETTI/PIZZA SAUCE

- | | |
|----------------------------------|--|
| 12 onions, diced | 4 cloves garlic, minced |
| 6 green peppers, diced | 3 Tbsp. salt |
| 1 ½ c. oil | 4 Tbsp. sugar |
| 1 ½ tsp. black pepper | 2 Tbsp. each: oregano, sweet basil and thyme |
| 36 tomatoes, skinned and chopped | 5 (12 oz.) cans tomato paste |

Cook onions and green peppers in oil until tender. Add black pepper. In large pot, place tomatoes, garlic, salt, sugar, herbs and onion pepper mixture. Bring to a good rolling boil. Add tomato paste, one can at a time. Stir well after each can. Pour into canning jars and process in a pressure cooker for 25 minutes. Sauce can be frozen. Makes 7 quarts.

Sherry Baxter

CHOCOLATE GRAVY

- | | |
|----------------------|---------------|
| 2 heaping tsp. flour | 2 Tbsp. cocoa |
| 1 c. sugar | 1 ½ c. water |

Mix dry ingredients. Gradually add water. Heat to boiling; cook on low heat until desired consistency. Serve over hot buttered biscuits.

Charlene Hawkins

RODDY'S CHOCOLATE GRAVY

2 Tbsp. cocoa
2 c. sugar

1 tsp. vanilla
 $\frac{3}{4}$ c. sweet milk

Mix all ingredients together. Cook in iron skillet until thick. Pour over buttered biscuits.

Ima Lee Caylor

CREOLE MUSTARD SAUCE

1 (8 oz.) container sour cream
 $\frac{1}{4}$ c. Creole mustard
1 Tbsp. cider vinegar

1 tsp. Cajun seasoning
 $\frac{1}{8}$ tsp. ground red pepper

Stir together all ingredients. Chill. Yield: about 1 $\frac{1}{4}$ cups. Preparation: 5 minutes.

Vickie Hulett

POTATO SOUP

6 medium potatoes
1 stick margarine
3 Tbsp. flour
1 $\frac{1}{2}$ c. milk

1 can cream of chicken soup
1 can green peas
1 can Niblets

Cook potatoes in water until done; add margarine. Mix flour, milk and potatoes; cook until thick. Add cream of chicken soup, corn and peas.

Ruth Taylor

POTATO SOUP

4 medium potatoes
 $\frac{1}{2}$ c. onion
1 can cream of chicken or celery soup

4 Tbsp. Hidden Valley Ranch dressing

Boil potatoes with onion; when tender, add soup and milk. Stir in Ranch dressing. Add salt and pepper to taste.

Sheila Bartley

PRONTO POTATO SOUP

8 bacon strips, diced
 1 small onion, chopped
 1 ½ to 2 c. mashed potatoes
 1 can cream of chicken soup
 (undiluted)

2 c. milk
 ½ tsp. salt
 ¼ tsp. pepper
 2 Tbsp. fresh parsley

In a 3-quart saucepan, cook bacon until crisp; remove to paper towels to drain. Saute onion in the drippings until tender. Add potatoes and soup; stir until smooth. Gradually stir in milk. Cook over medium heat, stirring constantly. Stir in bacon, salt and pepper. Cook until heated through. Garnish with parsley.

Sherry Baxter

POTATO HAM CHOWDER

(Serves 6)

4 potatoes
 2 Tbsp. margarine
 ½ c. diced onions
 2 c. water
 1 tsp. salt
 ½ tsp. pepper

4 Tbsp. flour
 ⅓ c. water
 2 c. milk
 1 (12 oz.) can whole kernel corn
 2 c. diced, cooked ham

Peel and dice potatoes. In large saucepan, melt margarine. Add onion and cook until tender. Add potatoes, 2 cups water and seasonings. Cover; simmer until potatoes are done. Make a paste of flour and ⅓ cup water; add to potato mixture. Add milk and cook until slightly thickened. Stir in corn and ham. Heat thoroughly, but do not boil.

Mary Jane Watson

HAM AND CORN CHOWDER

2 c. diced, cooked ham
 1 c. chopped celery
 ½ c. chopped onion
 ½ c. butter, melted
 3 (10 oz.) pkg. frozen cream-style
 corn, thawed

½ tsp. onion salt
 ½ tsp. celery salt
 1 c. milk
 ½ tsp. pepper
 chopped fresh parsley (optional)

Saute ham, celery and onion in butter. Use a Dutch oven pan. Stir in next 5 ingredients and bring to a boil. Reduce heat and simmer

SOUPS, SALADS & SAUCES

20 minutes. Garnish with parsley, if desired. Yield: approximately 6 cups.

Susan Patterson

POLLY'S SOUP

2 lb. potatoes	1 qt. tomatoes
2 onions (small)	1 can chili
1 pt. corn	2 hot peppers

Cook potatoes until tender. Cook all other ingredients together until done. Add to potatoes when completely done.

Magdalene Stafford

CREAM OF BROCCOLI SOUP

¾ c. margarine	½ tsp. soda
4 chicken bouillon cubes	½ c. plus 2 Tbsp. flour
4 c. half and half cream (can use milk)	4 c. hot water
1 c. chopped fresh or frozen broccoli	¼ tsp. pepper

Melt margarine in small saucepan over low heat, then turn heat off. Blend in flour and set aside. Combine bouillon cubes in hot water in a large pot. Heat cubes until dissolved. Add milk, broccoli, soda, pepper and flour mixture. Bring to a boil and cook on low heat for 8 minutes.

Bonnie Poteet

PEANUT SOUP

2 c. chicken broth	¼ c. onion, diced fine
2 Tbsp. butter	1 branch celery, chopped
2 Tbsp. flour	½ c. peanut butter
2 Tbsp. chopped peanuts	dash of celery salt
¼ tsp. salt	1 tsp. lemon juice

Melt butter in saucepan; add onion and celery. Sauté 5 minutes. Add flour and mix until flour is blended with butter. Add hot chicken broth and cook 30 minutes. Remove from heat; strain broth. Stir in peanut butter, celery salt, salt and lemon juice into the strained broth. Sprinkle chopped peanuts on soup.

Virginia Etheridge

ITALIAN VEGETABLE SOUP

1 lb. ground beef	1 (15 oz.) can tomato sauce
1 c. diced onions	1 Tbsp. dried parsley
1 c. sliced celery	1 tsp. salt
1 c. sliced carrots	½ tsp. oregano
2 cloves garlic, minced	½ tsp. sweet basil
1 (15 oz.) can kidney beans	¼ tsp. black pepper
2 c. water	2 c. shredded cabbage
5 tsp. beef bouillon	1 c. green beans
1 (16 oz.) can tomatoes	½ c. elbow macaroni

Brown beef; drain. Add all ingredients except cabbage, green beans and macaroni. Bring to a boil, lower heat and cover. Simmer 20 minutes. Add cabbage, green beans and macaroni; bring to a boil. Turn heat to low and simmer until vegetables are tender.

Sherry Baxter

--•EXTRA RECIPES•--

SOUPS, SALADS & SAUCES

--•YOUR FAVORITE RECIPES•--

Recipe

Page Number

MEATS & MAIN DISHES

TEX-MEX LASAGNA

- | | |
|--|------------------------------|
| 1 lb. ground beef | 2 eggs, slightly beaten |
| 16 oz. whole tomatoes, cut up
(undrained) | 12 (6-inch) flour tortillas |
| 1 pkg. taco seasoning mix | 1 medium tomato, chopped |
| 2.8 oz. French's fried onions | 1 c. shredded lettuce |
| 12 oz. cream-style cottage
cheese | 2 c. shredded Cheddar cheese |

Preheat oven to 350°. In large skillet, brown ground beef; drain. Stir in canned tomatoes and taco seasoning. Reduce heat and simmer, uncovered, 5 minutes. Remove from heat and stir in ½ can French fried onions. In medium bowl, combine cottage cheese, 1 cup Cheddar cheese and the eggs; set aside. Overlap 3 tortillas in bottom of greased 12 x 8-inch baking dish. Overlap 6 tortillas around sides of dish. Spoon beef mixture over tortillas; top with remaining 3 tortillas. Spoon cheese mixture over beef and tortillas. Bake, covered, at 350° for 45 minutes or until cheese mixture is set. Top with remaining Cheddar cheese. Sprinkle remaining onions down center of casserole. Bake, uncovered, 5 minutes or until onions are golden brown. Just before serving, arrange tomato and lettuce around edges of casserole. Let stand 5 minutes before serving.

Tracie Dunn

LASAGNE

- | | |
|---|---------------------------|
| 2 jars tomatoes and basil sauce (I
use 3 Brothers brand) | 1 (12 oz.) Ricotta cheese |
| 1 small box lasagne noodles | 1 egg |
| 2 pkg. Italian shredded cheese | 1 lb. ground beef |
| | 1 (8 oz.) Parmesan cheese |

Layer tomato basil and layer of cooked, drained noodles. Mix eggs and Ricotta cheese, salt and pepper. Add to top of noodles. Cook beef and drain and rinse. Add beef and another layer tomato and basil. Add 1 package of Italian cheese. Cover heavy with Parmesan. Add another layer of cooked noodles and another layer of tomato and basil sauce. Sprinkle lightly with Parmesan. Cover with 1 package of Italian cheese. Cover with foil. Bake for 45 minutes at 350°. Uncover and bake until cheese is brown.

Janice Scott

LITTLE CHEDDAR MEAT LOAVES

- | | |
|--------------------------------------|---------------------------------------|
| 1 egg | 1 tsp. salt |
| $\frac{3}{4}$ c. milk | 1 lb. ground beef |
| 1 c. (4 oz.) shredded Cheddar cheese | $\frac{2}{3}$ c. ketchup |
| $\frac{1}{2}$ c. quick cooking oats | $\frac{1}{2}$ c. brown sugar |
| $\frac{1}{2}$ c. chopped onion | 1 $\frac{1}{2}$ tsp. prepared mustard |

In a bowl, beat the egg and milk. Stir in cheese, oats, onion and salt. Add beef and mix well. Shape into 8 loaves; place in a greased 13 x 9 x 2-inch baking dish. Combine ketchup, brown sugar and mustard; spoon over loaves. Bake, uncovered, at 350° for 45 minutes or until no longer pink.

Sherry Baxter

CHEESEBURGER LOAF

- | | |
|--------------------------------|--|
| 1 lb. ground beef | $\frac{1}{4}$ tsp. pepper |
| $\frac{1}{4}$ c. chopped onion | 1 (1 lb.) loaf French bread |
| 1 can tomato soup | 1 Tbsp. butter, softened |
| $\frac{1}{2}$ tsp. garlic salt | 8 oz. American or Mexican flavored sliced cheese |
| $\frac{1}{4}$ tsp. salt | |

Cook beef and onion until meat is no longer pink; drain. Add soup, garlic salt, salt and pepper; simmer for 5 to 10 minutes. Meanwhile, slice the top third off the bread. Hollow out bottom half of loaf, leaving a $\frac{3}{4}$ -inch shell (discard removed bread). Spread butter on top half of bread. Place loaf on a baking sheet and broil until lightly brown. Spoon beef mixture into shell; arrange cheese slices on top. Broil until cheese is melted. Replace bread top and slice.

Sherry Baxter

MEAT LOAF

- | | |
|---|------------------------------|
| 1 lb. ground chuck | 1 Tbsp. instant onion flakes |
| 1 egg, slightly beaten | 1 Tbsp. Worcestershire |
| $\frac{1}{2}$ c. instant mashed potato flakes | $\frac{1}{2}$ c. milk |
| $\frac{1}{4}$ c. ketchup | $\frac{1}{2}$ tsp. salt |
| | $\frac{1}{8}$ tsp. pepper |

Preheat oven to 350°. In a large bowl, combine beef, eggs, potato flakes, ketchup, milk, onions, Worcestershire sauce, salt and pepper until well mixed. Bake in a 13 x 9 pan for 30 to 40 minutes at 350°.

Ethel Ledford

GERMAN MEATBALLS

1 lb. ground beef
 ½ lb. ground pork
 ½ c. chopped onion
 ¾ c. crushed crackers
 1 Tbsp. parsley
 1 ½ tsp. salt
 ½ tsp. pepper

1 tsp. Worcestershire sauce
 1 egg, beaten
 ½ c. milk
 2 to 3 Tbsp. oil
 1 qt. sauerkraut
 ½ to ½ c. water (optional)

In a mixing bowl, combine first 10 ingredients; shape into 18 meatballs, 2-inches each. Heat the oil in a skillet; brown the meatballs. Remove meatballs and drain fat. Pour sauerkraut into skillet; top with meatballs. Cover and simmer for 15 to 20 minutes or until meatballs are done. Add water, if necessary.

Sherry Baxter

SAVORY MEAT BALLS

1 lb. ground beef
 ½ lb. ground pork
 ½ c. applesauce
 ¾ c. bread crumbs
 1 egg, slightly beaten

1 medium onion, chopped
 ¼ tsp. salt
 ¼ tsp. pepper
 ¾ c. ketchup
 ½ c. water

Combine meats, applesauce, bread crumbs, eggs, onion, salt and pepper. Shape into balls. For an entree roll in 3 tablespoons flour and brown in 3 tablespoons bacon drippings. Transfer to a shallow casserole dish. Mix ketchup and water and pour over meatballs. Bake at 375° for 35 to 40 minutes. Serves 4 to 6.

Ethel Ledford

TERESA'S MEAT LOAF

1 lb. hamburger
 1 pkg. dry soup mix
 1 small onion, chopped
 5 crackers, crushed
 ¼ c. ketchup
 1 egg

squirt of mustard
 salt and pepper to taste
 pepper (bell, banana, 3 to 4 Tbsp.
 jalapeno, etc.)
 additional ketchup for topping

Place all ingredients in a bowl and mix with hands. Pat loaf into a loaf pan and cover with aluminum foil. Bake at 350° for 1 hour. Remove cover; bake 30 minutes, uncovered. Remove; add additional

MEATS & MAIN DISHES

ketchup on top. Turn off oven and return to oven for 15 minutes to thicken ketchup topping. Serve. Leftovers are great for sandwiches.

Teresa Cloer

HAMBURGERS ITALIENNE

1 lb. ground beef
dash of pepper
½ tsp. salt
2 Tbsp. shortening
2 oz. can sliced mushrooms,
drained

1 small onion, sliced
⅓ tsp. leaf oregano, crushed
1 small clove garlic, minced
1 can Campbell's tomato soup
¼ c. water

Mix the first 3 ingredients. Shape in 4 burgers. Brown in shortening in skillet with mushrooms, onion, oregano and garlic. Stir in tomato soup and water. Cover and cook on low heat for 15 minutes. Makes 4 servings.

Judy M. Reynolds

EASY CHICKEN DIVAN

2 (10 oz.) pkg. frozen broccoli
2 c. sliced cooked chicken or 3
breasts, cooked and boned
¾ c. mayonnaise
1 tsp. lemon juice

2 (10 ½ oz.) cans condensed
cream of chicken or mushroom
soup
½ c. American or Muenster
cheese, shredded
1 c. soft bread crumbs
1 tsp. melted butter

Cook broccoli until tender; drain. Arrange stalks in greased 12 x 7 ½ x 2-inch baking dish. Lay chicken on top. Combine next 3 ingredients and pour over chicken. Sprinkle with cheese. Combine crumbs and butter; sprinkle over all. Bake at 350° about 35 minutes until heated. Serves about 6 to 8.

Mary Davis

GREEK CHICKEN

1 whole chicken or 3 breasts
10 to 12 potatoes, quartered
2 to 3 cloves garlic, sliced
¼ c. oil

2 Tbsp. crushed oregano
1 ½ c. lemon juice
salt and pepper to taste

Place chicken in roasting pan. Place potatoes and garlic around chicken; salt and pepper. Sprinkle with oil. Mix oregano and lemon juice. Then baste. Cover and bake at 350° to 400° until done. Baste every 20 minutes. Take off lid and brown.

Betty Parrott

TANGY CHICKEN

3 lb. chicken
¼ c. melted butter
¼ c. lemon juice
¼ c. vinegar
1 tsp. salt

½ tsp. garlic salt
½ tsp. onion salt
½ tsp. thyme
½ tsp. black pepper

Mix all ingredients together. Dip chicken in sauce. Place skin side up in shallow baking dish. Pour rest of sauce over chicken. Place in 350° oven and cook for 1 hour and 15 minutes. Cover before cooking.

Polly Dunn

ITALIAN CHICKEN

4 boneless, skinless chicken
breasts
3 Tbsp. butter
½ c. cornflake crumbs

¼ c. Parmesan cheese
½ tsp. salt
dash of pepper
1 egg, slightly beaten

Melt butter in pan. Combine cornflake crumbs, Parmesan cheese, salt and pepper. Dip chicken in egg, then coat well with crumb mixture. Place in baking dish and bake at 400° for 20 minutes. Turn and bake 15 more minutes. During last 15 minutes, combine sauce ingredients and bring to a boil. Pour over chicken and top with Mozzarella cheese slices. Put back in oven and bake until cheese melts.

Sauce:

1 (8 oz.) can tomato sauce
½ tsp. oregano
½ tsp. sugar

dash of onion salt
1 pkg. Mozzarella cheese slices

Tonya Langham

CHICKEN LOAF

- | | |
|------------------------------------|-------------------------------|
| 3 c. cooked chicken, cut in pieces | ¼ tsp. pepper |
| ½ c. chicken broth without fat | ½ c. milk |
| 3 slices bread, crumbled | 1 Tbsp. onion, minced |
| ½ c. rice, cooked | 1 Tbsp. green pepper, chopped |
| 1 ½ tsp. salt | 1 egg |

Heat chicken broth and add chicken, crumbs, salt, pepper, milk, onion, green pepper and beaten egg. Press firmly into greased loaf pan and bake in 325° oven for 1 hour. If gravy is desired, use 3 tablespoons flour with 2 cups of chicken broth.

Mary Jane Watson

RUSSIAN CHICKEN

- | | |
|--|----------------------------------|
| 8 to 10 pieces chicken thighs or breasts | 1 envelope Lipton onion soup mix |
| 1 (8 oz.) jar apricot preserves | 1 (8 oz.) Russian salad dressing |

Preheat oven to 350°. Place chicken in baking dish. Spread preserves over chicken; sprinkle soup mix over chicken. Next, cover with foil and bake 45 minutes. Uncover and bake another 15 minutes or until brown.

*Juanita Stafford
Sharon Klippert*

CHICKEN SUPREME

- | | |
|------------------------------|-----------------------------|
| 6 chicken breasts | 1 can cream of chicken soup |
| 1 c. sour cream | ½ c. slivered almonds |
| 1 can cream of mushroom soup | |

Put chicken breasts in shallow pan. Mix undiluted soup together and pour over chicken. Spread sour cream over top. Sprinkle almonds over sour cream. Bake at 350° for 1 ½ hours. Serve over rice.

Mary Davis

MARINATED ITALIAN CHICKEN

- | | |
|-------------------|-----------------------------|
| 4 chicken breasts | ¾ c. Italian salad dressing |
|-------------------|-----------------------------|

Place chicken in Ziploc Baggie. Pour dressing over chicken. Zip bag closed and place in refrigerator for 1 hour. Cook chicken on grill 45 to 50 minutes on low heat or until juices run clear.

Sherry Baxter

LEMON-MUSTARD CHICKEN

6 boneless chicken breasts
¾ c. margarine
3 Tbsp. Dijon mustard

3 Tbsp. lemon juice
1 tsp. tarragon
½ tsp. salt

Preheat oven to 375°. Place chicken in a shallow baking pan. In a saucepan, melt margarine. Stir in mustard, lemon juice, tarragon and salt. Pour over chicken. Bake chicken for 45 minutes or until cooked through. Spoon sauce from pan over chicken. Makes 6 servings.

Mae Dunn

BROCCOLI CHICKEN DINNER

1 pkg. Pictsweet broccoli cuts
2 c. chicken, cooked and diced
2 cans cream of mushroom soup
1 c. mayonnaise or salad dressing

1 tsp. lemon juice
½ tsp. curry powder
½ c. Cheddar cheese, grated
½ c. bread crumbs

Cook broccoli according to directions; drain. Place broccoli in greased 9 x 13-inch casserole and top with chicken. Mix soup, mayonnaise, lemon juice and curry powder. Spread over chicken. Mix cheese and bread crumbs and sprinkle over casserole. Bake, uncovered, at 350° for 25 to 30 minutes or until bubbly.

Marilyn Dunn

BUTTER BAKED CHICKEN

1 stick margarine, melted in pan
½ tsp. salt
½ tsp. pepper
1 c. flour

½ c. Pet milk (plus ¾ c.)
¼ c. water
1 can cream of chicken soup

Dip chicken in ½ cup milk, then dredge in salted and peppered flour. Place in melted butter and bake at 400° for 30 minutes. Turn chicken. Have this mixture made: ¾ cup Pet milk, water and cream

MEATS & MAIN DISHES

of chicken soup. Heat and pour over chicken. Bake 30 minutes longer.

Elizabeth Holcomb

BARBECUE CHICKEN

4 boneless chicken breasts, cut into strips	½ c. catsup
little water	1 can Coca-Cola
juice of 1 lemon	1 small onion, finely chopped

Mix together and cook until chicken is tender and sauce is thick. May be cooked in oven or on top of stove on low heat.

Mary Davis

BARBECUE CHICKEN

2 c. vinegar	1 Tbsp. poultry seasoning
1 c. oil	4 ½ tsp. salt
1 c. ketchup	1 ½ tsp. pepper
½ c. tomato juice	¾ tsp. garlic powder
2 to 3 Tbsp. hot pepper sauce	6 to 8 chicken breasts

In a large bowl, combine the first 9 ingredients. Reserve 1 cup for basting chicken on grill. Pour remaining marinade over chicken in large pan. Cover and refrigerate for 4 hours. Drain, discarding marinade. Grill chicken, covered, over low coals, turning and brushing with reserved marinade several times, for 60 to 70 minutes or until juices run clear.

Sherry Baxter

CHICKEN POT PIE

2 to 3 chicken breasts	½ stick butter
1 large can Veg-All, drained	1 c. Bisquick®
1 can cream of chicken soup	1 c. milk
1 c. chicken broth	salt and pepper to taste

Cook chicken until tender, remove bone and tear into small pieces. Put chicken into bottom of casserole dish. Add Veg-All, salt and pepper. Mix chicken soup and broth; pour over chicken and Veg-All. Mix Bisquick, milk and margarine. Pour over all and bake at 350° for 45 minutes or until brown.

*Instead of Bisquick, you may use $\frac{1}{2}$ cup flour and $\frac{1}{2}$ cup milk.

Augustine Gallman

CHICKEN POT PIE

- | | |
|---------------------------------|-----------------------------------|
| 2 c. cooked, shredded chicken | $\frac{1}{2}$ tsp. thyme |
| 1 can cream of chicken soup | black pepper to taste |
| 1 can cream of potato soup | 2 (9-inch) frozen pie crusts, |
| 1 (15 oz.) can Veg-All, drained | thawed |
| $\frac{1}{2}$ c. milk | 1 egg, slightly beaten (optional) |

Combine first 6 ingredients. Spoon into prepared pie crust. Cover with top crust. Crimp edges to seal. Slit top crust and brush with egg, if desired. Bake at 375° for 40 minutes.

Tonya Langham

CREAMY CHICKEN CASSEROLE

- | | |
|-----------------------------|----------------------------------|
| 4 large chicken breasts | 1 stick butter |
| 1 can cream of chicken soup | saltine crackers |
| 1 c. sour cream | $\frac{1}{4}$ lb. Cheddar cheese |

Boil chicken until tender. Cut in bite size pieces. Add soup and sour cream. Mix well. Spread in square baking dish. Melt butter. Crush enough crackers to soak up butter. Crumble over chicken mixture. Top with shredded cheese. Bake, covered, at 350° for 30 minutes.

Rita Rymer

MEXICAN CHICKEN CASSEROLE

- | | |
|---------------------------------|-----------------------|
| 4 to 5 boneless chicken breasts | 1 pkg. Mexican cheese |
| 2 cans cream of mushroom soup | 1 bag plain Doritos |
| 1 can Ro-Tel tomatoes | |

Boil chicken breasts until done. Cut chicken into small pieces. Mix soup, tomatoes, chicken and cheese. Pour into a casserole dish. Crumble Doritos on top of casserole. Bake in preheated oven at 350° for approximately 25 to 30 minutes.

*Marie Beavers
Juanita Stafford*

CHICKEN CASSEROLE

4 or 5 chicken breasts
1 carton sour cream
1 can cream of chicken soup

1 stack Ritz crackers
1 stick butter

Boil chicken breasts. Line pan with bite size chicken pieces. Mix sour cream and chicken soup. Add 2 tablespoons of broth to thin it. Pour over chicken. Melt butter and crush 1 stack of Ritz crackers into butter. Crumble over top. Bake at 325° for 30 minutes.

Polly Dunn

CHICKEN CASSEROLE

2 c. cooked chicken, diced
1 c. diced celery
1 (10 oz.) can cream of chicken
soup
1 small onion, diced

1 small can sliced water
chestnuts, drained
1 pkg. sliced almonds
1 c. cooked rice
¾ c. mayo (½ pt.)

Mix; put in casserole. Sprinkle on top 1 cup crushed potato chips and ¼ stick margarine, melted. Bake 30 minutes at 300°.

*Lorene Keener
Juanita Stafford*

MEXICAN CHICKEN CASSEROLE

4 chicken breasts
2 cans cream of chicken soup
1 can chicken broth
1 medium onion, diced

1 can Ro-Tel tomatoes with
green peppers
½ lb. Velveeta cheese
1 bag cheese Doritos
salt and pepper

Preheat oven to 350°. Boil and debone the chicken and put in the bottom of a large baking dish. Over chicken, put the chicken soup, broth, onion, Ro-Tel and salt and pepper. On top of this mixture, dice up the cheese. Crush the bag of Doritos and put on top of cheese and cook for 30 minutes.

*Karen Dunn
Lori Dunn*

CHOW MEIN CHICKEN CASSEROLE

1 Tbsp. butter or margarine
 1 small red bell pepper, chopped
 2 garlic cloves, minced
 2 (8 oz.) pkg. sliced fresh mushrooms
 1/3 c. slivered almonds

1 (10 3/4 oz.) can cream of mushroom soup
 3/4 c. mayonnaise
 2 tsp. soy sauce
 3 c. chopped, cooked chicken
 1/4 tsp. pepper
 1 (3 oz.) can chow mein noodles

Cook chicken breast and cut into pieces. Melt butter in a large skillet. Add red pepper, garlic and mushrooms; saute until tender. Stir in almonds and next 6 ingredients. Pour into a lightly greased 11 x 7-inch baking dish. Sprinkle with chow mein noodles. Bake at 350° for 30 minutes or until bubbly.

Shirley Bartley

HAMBURGER CASSEROLE

1 1/2 lb. ground beef
 1 c. chopped onion (medium)
 1 can cream of chicken soup
 1 can cream of mushroom soup
 1 c. sour cream

3/4 tsp. salt
 1/2 tsp. pepper
 3 c. noodles, cooked
 1 (4 oz.) can mushrooms, drained and chopped

Lightly brown ground beef. Add onions; cook until tender, but not brown. Add chicken and mushroom soups, sour cream, salt, pepper and mushrooms; mix well. Stir in 3 cups noodles, cooked and drained. Pour into 2-quart casserole dish. Mix 1 cup soft bread crumbs and 3 teaspoons butter. Sprinkle over top. Bake in oven at 350° for 30 to 35 minutes.

Kaye K. Gladden

SOY FRIED RICE WITH MEAT

2 Tbsp. cooking oil (peanut or Mazola)
 3 eggs, beaten
 1 bunch green onions and tops, sliced

1 (14 oz.) box Minute rice, cooked as directed or 1 c. regular rice, cooked and drained
 2 Tbsp. soy sauce
 1 c. cooked, diced shrimp or 1 c. cooked, diced pork tenderloin (optional)

MEATS & MAIN DISHES

Heat oil; add eggs, mixing constantly while breaking up with fork. Add eggs and onions to rice with soy sauce to color rice brown. Blend very well and serve hot. (Can be reheated in oven at 350° for 30 minutes.) If desired, stir in 1 cup cooked, diced shrimp or 1 cup cooked, diced pork tenderloin.

Susan Patterson

SAUSAGE AND RICE CASSEROLE

- | | |
|-------------------------|------------------------------|
| 1 lb. ground sausage | 1 (10 ½ oz.) can tomato soup |
| 2 c. cooked rice | 1 tsp. salt |
| 1 medium onion, chopped | ½ tsp. pepper |
| 4 Tbsp. grated cheese | |

Brown sausage in a pan; pour off excess drippings. Arrange alternate layers of rice and sausage in a greased casserole. Sprinkle each layer with chopped onion, salt and pepper. Pour tomato soup over the mixture and cover the top with grated cheese. Bake at 375° for 35 minutes.

*Given to Ima Lee
From Tom J. Caylor*

PORK OR BEEF ROAST

(3 to 4 Pounds)

- | | |
|-----------------------|-----------------------------------|
| onion | ½ bottle Kraft hot barbecue sauce |
| 1 Tbsp. ground cloves | |
| roast | ½ c. Kraft hickory smoke sauce |
| 2 c. water | |

Cut up onion and put in bottom of crock-pot. Add ground cloves. Add roast and water. Cook overnight on low. Next morning, take out roast; drain and tear apart. Remove bones and fat; put back in crock-pot. Add barbecue sauce and hickory smoke sauce. Stir together and cook 4 hours on low.

Magdalene Stafford

SALISBURY STEAK WITH ONION GRAVY

- | | |
|---------------------------|-----------------------------|
| 1 (10 oz.) can onion soup | 1 Tbsp. all-purpose flour |
| 1 ½ lb. ground beef | ¼ c. ketchup |
| ½ c. fine dry breadcrumbs | ¼ c. water |
| 1 egg, fork beaten | 1 tsp. Worcestershire sauce |
| dash of salt | ½ tsp. mustard |
| dash of pepper | |

In bowl, combine $\frac{1}{2}$ cup soup with ground beef, crumbs, egg, salt and pepper. Shape into 6 oval patties. In frypan, brown patties. Drain off fat. Gradually blend flour into remaining soup, mixing until smooth. Add remaining ingredients, blending well. Add to frypan. Heat to boiling, stirring to loosen up brown bits. Cover; cook 5 minutes, stirring occasionally. Add patties to gravy in frypan. Cover and simmer an additional 15 minutes. These patties freeze very well; place patties and gravy in a "freezer to oven" container for convenience.

Mary Jane Watson

ALL-AMERICAN BARBECUE SANDWICHES

4 $\frac{1}{2}$ lb. ground beef	2 Tbsp. vinegar
1 $\frac{1}{2}$ c. chopped onion	2 Tbsp. sugar
2 $\frac{1}{4}$ c. ketchup	1 Tbsp. salt
3 Tbsp. mustard	1 Tbsp. pepper
3 Tbsp. Worcestershire sauce	16 hamburger buns

In a Dutch oven, cook beef and onion until meat is browned and onion is tender. Drain, then add ketchup, mustard, Worcestershire sauce, vinegar, sugar, salt and pepper. Heat through. Serve on buns.

Abby Morris

CHICKEN AND RICE

4 to 6 boneless, skinless chicken breasts	1 c. rice
2 cans cream of chicken soup	2 c. water
	1 tsp. salt

Place rice on bottom of large baking pan. Add 1 can of soup, salt and chicken. Place on top of rice and soup, then add second can of soup. Pour water over this. Bake in oven for 1 $\frac{1}{2}$ hours.

Tonya Langham

CORNBREAD TAMALE CASSEROLE

1 lb. ground beef	1 tsp. salt
1 chopped onion	1 Tbsp. chili powder
1 can tomato soup	2 c. water
$\frac{1}{2}$ c. chopped green pepper	1 can whole kernel corn, drained

Topping:

$\frac{3}{4}$ c. cornmeal	1 Tbsp. sugar
1 Tbsp. flour	$\frac{1}{4}$ tsp. salt
1 egg, slightly beaten	1 Tbsp. oil
$\frac{1}{3}$ c. milk	

MEATS & MAIN DISHES

Brown beef and onion in a skillet. Add tomato soup, water, seasonings, corn and green pepper; simmer for 15 minutes. Place mixture in a 2-quart casserole, cover with cornbread topping and bake at 425° for 20 to 25 minutes or until cornbread is brown.

Mix all ingredients together and pour over ground beef mixture; topping will disappear but will rise during baking and form a good layer of cornbread.

Charlene Hawkins

BAKED PARMESAN FILLETS

- | | |
|------------------------|--|
| 2 lb. fish fillets | $\frac{3}{4}$ c. (3 oz.) grated Parmesan |
| 2 eggs, beaten | cheese |
| 2 Tbsp. milk | $\frac{1}{2}$ tsp. salt |
| 1 c. corn flake crumbs | |

Combine milk and eggs. Combine crumbs, cheese and salt. Dip fillets into egg mixture and then crumb mixture. Place in greased baking pan. Bake at 450° for 20 minutes.

Judy Reynolds

CORN BAKE

- | | |
|-------------------------------|---|
| 3 eggs | 1 (8 oz.) can cream-style corn |
| 1 pkg. corn muffin mix | 2 (16 oz.) cans whole kernel corn,
drained |
| 1 c. sour cream | $\frac{1}{2}$ c. melted margarine |
| 1 c. Cheddar cheese, shredded | |

Preheat oven to 350°. Combine all ingredients, except cheese. Bake 1 hour. Spread cheese on top and bake 15 minutes more.

Judy Reynolds

HAMBURGER CASSEROLE

- | | |
|------------------------------|------------------------------|
| 1 to 2 lb. ground beef | 1 can cream of mushroom soup |
| potatoes (as many as needed) | salt and pepper to taste |
| 1 large onion | |

Brown ground beef. Drain. Put layer of sliced potatoes in casserole dish. Add a layer of ground beef, then a layer of onions separated into rings (salt and pepper layers). Continue with a layer of potatoes, ground beef and onions until full. Add mushroom soup over top of dish. Bake at 350° about 55 minutes or until potatoes are done.

Elizabeth Holcomb

SHRIMP SCAMPI

2 lb. jumbo shrimp
 1 ½ sticks butter
 ¼ c. chopped onion
 3 Tbsp. chopped garlic

1 tsp. salt
 ½ tsp. pepper
 2 Tbsp. lemon juice
 ¼ c. chopped parsley

Shell and clean shrimp. Saute shrimp in butter with onion and garlic about 5 minutes; turn shrimp once. Transfer shrimp to hot serving dish; set aside. Add seasonings and lemon juice to skillet and heat. Pour over shrimp and sprinkle with chopped parsley.

Susan Patterson

SWEET AND SOUR MEATBALLS

1 c. cubed bread crumbs
 1 c. milk
 ¼ c. finely chopped onion
 1 lb. ground beef
 1 lb. ground pork
 1 egg
 1 tsp. salt

¼ tsp. pepper
 2 (12 oz.) bottles chili sauce
 ½ c. water
 1 (10 oz.) jar grape jelly
 1 c. sour cream
 cooked noodles

Combine bread crumbs, milk, onion, meat, egg, salt and pepper. Shape into balls the size of walnuts. Bake in oven about 5 minutes before putting in sauce or they will fall apart. Drop into sauce, combining chili sauce, water and jelly. Simmer gently for 1 hour. Just before serving, stir in sour cream. Serve over hot noodles.

Berthel Stafford

LIQUID SMOKE MEATBALLS

3 lb. hamburger
 2 eggs
 2 c. oatmeal
 1 (3 oz.) can evaporated milk
 1 c. chopped onions

½ tsp. garlic flakes (you can omit this)
 ½ tsp. salt
 ½ tsp. pepper
 2 tsp. chili powder

Mix; make into balls. Put in shallow pan.

Sauce:

2 c. ketchup
 2 c. brown sugar
 2 Tbsp. liquid smoke

½ tsp. garlic salt
 ½ c. chopped onions

MEATS & MAIN DISHES

Mix; pour over meatballs. Bake at 350° for 1 hour. I cover with light weight Reynolds aluminum foil. You can half this recipe.

Mae Dunn

McENTIRE MEAT LOAF

1 ½ lb. ground beef
1 c. bread crumbs
1 egg

1 medium onion
salt and pepper
½ c. Hunt's tomato sauce

Mix together; cook at 350°.

Sauce:

½ c. Hunt's tomato sauce
2 Tbsp. vinegar
2 Tbsp. mustard

1 c. water
2 Tbsp. brown sugar

Mix together and basting several times for 1 ½ hours.

Karen Dunn

BREAKFAST HASH

1 lb. sausage
2 c. chopped potatoes
¼ c. chopped red or green bell
peppers

2 Tbsp. chopped onion
6 eggs
2 Tbsp. milk

Crumble sausage into large skillet. Add potatoes, peppers and onion. Cook over low heat until sausage is browned and potatoes are fork-tender, stirring occasionally. Drain off any drippings. Whisk eggs and milk in small bowl until blended. Add to sausage mixture; scramble until eggs are set but not dry. Serve hot. Refrigerate leftovers.

Tracie Dunn

SALMON BURGERS

1 can salmon, drained and skin
and bones removed
2 eggs
½ c. crushed crackers
¼ c. chopped onion
¼ c. mayonnaise

1 to 2 Tbsp. horseradish
¼ tsp. salt
⅛ tsp. pepper
2 Tbsp. butter
4 kaiser rolls, split

Combine the first 9 ingredients; mix well. Shape into 4 patties. In a skillet over medium heat, cook patties in butter until brown, about 6 minutes on each side. Serve on rolls with lettuce.

Sherry Baxter

WESTERN MEAL IN ONE

- | | |
|---------------------------|--|
| 1 lb. ground beef | 1 (16 oz.) can red beans, drained |
| 1 Tbsp. oil | 2 ½ c. tomatoes with juice,
chopped |
| 1 clove garlic | ¾ c. uncooked rice |
| ½ c. chopped onion | ¾ c. grated Cheddar cheese |
| ½ c. chopped green pepper | ¼ c. sliced black olives |
| 1 tsp. salt | |
| 1 tsp. chili powder | |

Brown beef in oil with garlic. Add onion and green pepper; cook until onion is transparent. Drain. In a 2-quart casserole dish, combine meat mixture, salt, chili powder, beans, tomatoes and rice. Bake, covered, at 350° for 30 minutes. Uncover and sprinkle with cheese and olives; bake for 15 minutes more.

Sherry Baxter

TACO QUICHE

- | | |
|----------------------|---|
| 2 lb. ground beef | 2 to 3 c. shredded lettuce |
| 2 envelopes taco mix | ¾ c. chopped tomato |
| 4 eggs | ¼ c. chopped green pepper |
| ¾ c. milk | ¼ c. chopped green onions |
| 1 ¼ c. biscuit mix | 2 c. (8 oz.) shredded Cheddar
cheese |
| dash of pepper | |
| ½ c. sour cream | |

In a skillet, brown beef; drain. Add taco mix and prepare according to the directions on package. Spoon meat into a greased 13 x 9 x 2-inch baking dish. In a bowl, beat eggs and milk. Add biscuit mix and pepper; mix well. Pour over meat. Bake, uncovered, at 400° for 20 to 25 minutes or until golden brown. Cool for 5 to 10 minutes. Spread sour cream over the top; sprinkle with lettuce, tomato, green pepper, onion and cheese. Serve immediately.

Sherry Baxter

SHRIMP CREOLE

$\frac{1}{4}$ c. butter or margarine	$\frac{1}{8}$ tsp. pepper
2 medium onions, diced	$\frac{1}{4}$ tsp. paprika
1 c. celery, diced fine	$\frac{1}{2}$ tsp. chili powder
$\frac{1}{4}$ lb. fresh mushrooms, sliced or 1 can pieces	2 drops Tabasco sauce
1 clove garlic, finely minced	1 (No. 2) can tomatoes (2 $\frac{1}{2}$ c.)
2 tsp. flour	1 green pepper, finely shredded
1 tsp. salt	1 lb. cooked, cleaned shrimp
	hot cooked rice

In frypan, add butter; melt. Add onion, celery, garlic and mushrooms. Saute until tender, stirring. Blend in flour and seasonings. Add tomatoes. Cover and simmer about 10 minutes, stirring twice. Add green pepper and shrimp. Heat and serve over hot cooked rice. Recipe may be doubled.

Susan Patterson

COUNTRY BREAKFAST SKILLET

1 lb. sausage	1 tsp. salt
6 c. shredded potatoes	$\frac{1}{4}$ tsp. pepper
$\frac{3}{4}$ c. chopped green pepper	6 eggs, beaten
$\frac{1}{2}$ c. chopped onion	$\frac{1}{2}$ c. shredded Cheddar cheese

In large skillet, cook crumbled sausage. Remove sausage and set aside. Fry potatoes, green peppers, onions, salt and pepper in sausage drippings for 2 minutes. Cover and cook; stir occasionally until potatoes are brown and tender, about 15 minutes. Mix sausage in skillet with potatoes. Pour eggs over top; do not stir. Cover and cook over low heat for 8 to 10 minutes or until eggs are completely set. Sprinkle with cheese.

Sherry Baxter

ROAST

(Beef or Pork)

4 or 5 lb. beef or pork roast	1 pkg. dry Lipton onion soup
1 small Coca-Cola	

Place roast in pan and pour Coca-Cola and soup mix over meat. Make a tent of aluminum foil. Bake at 350° for 3 $\frac{1}{2}$ to 4 hours.

Janice Scott

SPAGHETTI SAUCE

1 bell pepper, chopped
 1 clove garlic, chopped fine
 1 large onion, chopped
 1 ½ lb. ground beef
 1 qt. tomatoes, blended in
 blender
 1 can tomato paste

1 can tomato sauce
 2 Tbsp. vegetable oil
 1 bay leaf
 dash of oregano
 1 pkg. spaghetti sauce seasoning
 salt and pepper to taste

Brown ground beef and cook 10 minutes. Drain. Saute garlic, pepper and onion in oil until limp. Add to rest of ingredients to meat. Simmer 3 to 4 hours. Stir occasionally. Serve over prepared noodles.

Linda Smith

BEEF DISH

2 lb. ground beef
 1 onion, chopped
 1 large can pork and beans
 1 large can red kidney beans

1 large can lima beans
 1 c. ketchup
 ½ c. brown sugar

Brown hamburger meat and onions. Drain grease. Add next 5 ingredients and cook slow on top of stove in Dutch oven.

Eloise Patterson

POT ROAST

1 chuck roast
 potatoes (desired amount)

carrots (desired amount)

Brown roast and place in heavy cooker. Place vegetables around roast.

Sauce:

¼ c. chili sauce
 ½ tsp. garlic powder
 1 c. water

¼ c. parsley
 1 tsp. Worcestershire sauce

Pour sauce over roast and vegetables. Cook at 300°, uncovered, for 3 hours.

Janice Scott

DEPRESSION DINNER

1 ½ lb. ground beef
3 medium carrots, grated
2 small potatoes, grated
1 egg
pepper to taste

½ tsp. garlic salt
1 tsp. salt
1 onion, chopped
7 or 8 slices bacon

Mix beef, carrots, onions, potatoes, egg, garlic, salt and pepper. Divide and form into 7 to 8 patties. Wrap a slice of bacon around edge of each patty. Secure with wooden toothpick. Broil on middle rack of oven on both sides to desired doneness. These may also be grilled.

Janice Scott

ITALIAN SAUSAGE SANDWICHES

20 Italian sausages
4 large bell peppers, chopped
½ c. onion
1 can tomato paste
1 can tomato sauce
1 c. water
1 Tbsp. sugar

4 garlic cloves, minced
2 tsp. dried basil
1 tsp. dried oregano
1 tsp. salt
20 sandwich buns
shredded Mozzarella cheese
(optional)

In large Dutch oven, brown sausage a few at a time; discard all but 2 tablespoons drippings. Saute pepper and onion in drippings until crisp-tender. Drain. Return sausage to pan along with tomato paste, tomato sauce, water, sugar, garlic, basil, oregano and salt. Bring to boil, reduce heat, cover and simmer for 30 minutes. Serve on buns.

Alicia Bryant

MEXICAN RICE

½ c. chopped onion
2 c. chunky salsa
½ tsp. black pepper

2 c. cooked rice
1 c. shredded Cheddar cheese

Preheat oven to 350°. In a skillet sprayed with cooking spray, sauté onion until tender, about 5 minutes. Add salsa and black pepper. Mix in rice and ¾ cup Cheddar cheese. Stir until cheese is melted. Pour into an 8 x 8-inch baking dish sprayed with cooking spray. Bake 15 minutes. Sprinkle remaining cheese on top and bake for an additional 5 minutes or until cheese melts.

Charlene Hawkins

PEPPER STEAK *Really good*

1 tsp. salt

1 1/2 to 2 lb. lean beef

2 Tbsp. margarine

2 tsp. garlic powder

1/2 tsp. pepper

1/2 c. water

1-1 1/2 tsp. WORCHESTERSHIRE SAUCE

Brown steak in margarine; add garlic powder, pepper, water, vegetable juice and onion. Cover and simmer 30 minutes or until meat is tender. Stir in pepper. Cook until tender. Serve over hot rice.

Berthel Stafford

CHEESEBURGER PIE

1 pkg. crescent rolls

1 lb. hamburger

1/2 small onion, chopped

1/2 tsp. oregano

1/4 tsp. basil

salt and pepper to taste

1 (8 oz.) can tomato paste

1 (8 oz.) pkg. Mozzarella cheese

Press crescent rolls into pie crust for 9-inch pan. Brown hamburger, onion, oregano, basil, salt and pepper to taste. Drain. Add tomato paste; pour into pie shell. Top with cheese. Bake at 425° for 15 to 20 minutes.

Mary Jane Watson

TEXAS HASH

1 lb. hamburger

1 large onion

dash of garlic salt

1 green bell pepper, cut up in strips

1 medium can tomatoes

1 c. grated cheese

1 c. rice

Cook all together in large skillet on stove. Put in large baking dish and bake in oven at 350° for 1 hour.

Shirley Bartley

CABBAGE PATCH STEW

1 medium head cabbage, sliced and cooked until tender

1 1/2 lb. ground beef

2 Tbsp. oil

2 medium onions, sliced thin

1/2 c. diced celery

16 oz. can red kidney beans, drained

2 c. tomatoes

6 oz. can tomato paste

salt, pepper and chili powder to taste

2 c. grated cheese

MEATS & MAIN DISHES

Brown beef in hot oil; add onion and celery. Cook until transparent. Add beans, tomatoes and rest of ingredients; simmer for 15 minutes. In a greased larger casserole, place layer of cabbage, layer of meat mixture; repeat. Top with 2 cups grated cheese. Bake at 350° for 45 minutes.

Mary Jane Watson

INDIAN CASSEROLE

1 can hominy, drained
1 lb. ground beef
½ c. chopped onion
½ c. chopped green pepper

1 ¾ c. canned tomatoes
½ tsp. salt
¼ tsp. pepper
1 c. grated cheese

Brown beef, salt, onions and green pepper. Add tomatoes and hominy. Pour into buttered casserole and bake at 350° for 40 minutes. Remove from oven and sprinkle cheese on top. Return to oven and bake 15 minutes.

Mary Jane Watson

FARMER'S DELIGHT CASSEROLE

1 lb. ground beef
1 green bell pepper, chopped
1 small onion, chopped
1 (10 oz.) pkg. noodles

1 can cream of mushroom soup
1 can cream of chicken soup
½ can of water
1 can yellow cream-style corn

Brown beef, pepper and onions. Cook noodles as directed on box. Combine noodles, soup and corn to beef mixture. Bake at 350° for 30 minutes.

Polly Dunn

LUICKIE GROUND BEEF CASSEROLE

1 lb. ground beef
1 can mixed vegetables

1 can tomato soup

Cook ground beef. Add mixed vegetables and tomato soup. Bake in oven about 25 or 30 minutes at 350°.

Ima Lee Caylor

CHINESE PORK AND VEGETABLE STIR-FRY

2 Tbsp. vegetable oil
 1 lb. pork tenderloin or boneless
 beef sirloin, cut into ¼-inch
 slices
 6 c. assorted fresh vegetables*
 1 (8 oz.) can sliced water
 chestnuts, drained

1 envelope Lipton® Recipe
 Secrets® onion soup mix
 ¾ c. water
 ½ c. orange juice
 1 Tbsp. soy sauce
 ¼ tsp. garlic powder

In 12-inch skillet, heat 1 tablespoon oil over medium-high heat and brown pork. Remove and set aside. In same skillet, heat remaining 1 tablespoon oil and cook assorted fresh vegetables, stirring occasionally, 5 minutes. Stir in water chestnuts and onion soup mix blended with water, orange juice, soy sauce and garlic powder. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, 3 minutes. Return pork to skillet and cook 1 minute or until heated through. Makes about 4 servings.

Assorted Fresh Vegetables: Choose from any of the following to equal 6 cups: broccoli florets, snow peas, thinly sliced red or green bell peppers or thinly sliced carrots.

Mary Jane Watson

CHEESEBURGER MAC

1 lb. ground beef
 water
 ½ c. catsup
 1 to 2 tsp. onion powder

1 (7 oz.) pkg. elbow macaroni
 (uncooked)
 ¾ lb. (12 oz.) Velveeta
 pasteurized process cheese
 spread, cut up

Brown meat in large skillet; drain. Stir in 2 ¾ cups water, catsup and onion powder. Bring to boil. Stir in macaroni. Reduce heat to medium-low; cover. Simmer 8 to 10 minutes or until macaroni is tender. Add Velveeta; stir until melted. Makes 4 to 6 servings.

Susan Patterson

ZESTY SLOPPY JOES

1 lb. ground beef
 1 c. chopped onion
 1 c. chopped green pepper
 2 cans tomato soup
 1 can tomato paste
 1 can tomato sauce

¾ c. brown sugar
 ¼ c. catsup
 3 Tbsp. Worcestershire sauce
 1 Tbsp. mustard
 1 tsp. chili powder
 1 tsp. garlic salt

MEATS & MAIN DISHES

In a large saucepan, heat beef, onion and pepper. Cook and stir for 5 minutes; drain. Add next 10 ingredients. Bring to boil. Reduce heat, cover and simmer for 1 hour. Stir occasionally. Serve on buns.

Janice Everett

HAMBURGER STEW

- | | |
|---------------------------|-----------------------------|
| 1 lb. hamburger | 1 (10 oz.) can tomato soup |
| ½ onion, chopped | 1 (8 oz.) can tomato sauce |
| 1 tsp. onion salt | 1 c. water |
| 1 tsp. garlic salt | 1 c. thinly sliced potatoes |
| 1 (19 oz.) pork and beans | |

Crumble hamburger in large skillet. Brown lightly over medium heat. Add remaining ingredients; stir well. Simmer over low heat for 1 ½ hours, stirring occasionally.

Mary Jane Watson

ONE DISH CHICKEN AND RICE BAKE

- | | |
|---|---|
| 1 (10 ¾ oz.) can Campbell's
cream of mushroom soup | ¼ tsp. paprika |
| 1 c. water | ¼ tsp. pepper |
| ¾ c. uncooked regular long grain
rice | 4 skinless, boneless chicken
breast halves |

In 2-quart shallow baking dish. Mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. Cover. Bake at 375° for 45 minutes or until done.

Shirley Bartley

TACO CASSEROLE

- | | |
|-----------------------------|-----------------------------|
| 1 ½ lb. ground beef | 1 small can Carnation cream |
| 1 c. cream of mushroom soup | 1 pkg. Doritos |
| 1 jar taco sauce | |

Brown meat and drain fat. Combine meat, sauce and cream. Heat through and pour over chips. Put into casserole dish. Top with grated Cheddar cheese. Bake at 350° for 10 to 15 minutes.

Mary Davis

CHICKEN STEW WITH CLASSIC DUMPLINGS

2 Tbsp. vegetable oil
 1 large onion, chopped
 3 carrots, peeled and thinly sliced
 4 ribs celery, coarsely chopped

3 c. coarsely chopped, cooked chicken
 6 c. chicken broth
 ½ tsp. pepper

Dumplings:

1 ½ c. flour
 ¼ c. shortening

2 Tbsp. fresh parsley, chopped
 ½ c. chicken broth

In 6-quart Dutch oven or large saucepan with lid, heat oil over medium-high heat. Add onions, carrots and celery. Cook and stir until carrots are tender. Add 6 cups broth, pepper and chicken. Bring to a boil. Reduce heat to medium-low. Simmer 15 minutes.

In medium bowl, using pastry blender or 2 knives, cut shortening into very small pieces to evenly distribute into dry ingredients until mixture resembles coarse crumbs. Stir in parsley. Add ½ cup broth; stir just until dry ingredients are moistened. Drop by tablespoon into simmering broth.

Cover and cook over medium-low heat 10 to 15 minutes or until dumplings are firm. Makes 6 to 8 servings.

Ima Lee Caylor

BRUNSWICK STEW

3 c. cooked, chopped chicken
 1 ½ lb. ground chuck
 ½ lb. ground pork
 1 large onion, chopped

1 large (32 oz.) bottle catsup
 2 large cans tomatoes, mashed
 2 cans corn and okra

Cook chicken and pull off bones. Cook together beef, pork and onions in 1 cup chicken stock and enough water to cover meat. Cook 1 hour. Add catsup and tomatoes and cook another hour; add corn, chicken and okra. Cook another hour. Serve.

Karen Dunn

ONION CASSEROLE

2 large Vidalia onions, sliced
 1 can cream of chicken soup
 ¼ c. butter

¼ c. Cheddar cheese
 5 canned biscuits, separated

MEATS & MAIN DISHES

Saute onions in $\frac{1}{4}$ cup butter until golden brown. Spread soup over top. Sprinkle cheese over soup. Bake 30 minutes at 350°. Take out of oven; place split biscuits side by side over top. Bake 10 minutes or until brown.

Karen Dunn

HOMEMADE CHILI

- | | |
|---|--------------------------|
| 1 lb. ground beef | 1 can tomato sauce |
| 2 (10 oz.) cans tomatoes and green chiles | 1 tsp. minced garlic |
| 1 onion | 2 cans dark kidney beans |

Brown ground beef with the 1 teaspoon minced garlic and drain. Add the remaining ingredients (tomatoes and chiles, onion, tomato sauce and the kidney beans) and simmer for 20 to 30 minutes.

Charles Stafford

SPICY CHILI

- | | |
|-------------------------|---------------------------|
| 1 lb. ground chuck | $\frac{1}{4}$ tsp. salt |
| 1 large onion, chopped | $\frac{1}{8}$ tsp. pepper |
| 1 clove garlic, chopped | 1 c. water |
| 1 (16 oz.) tomato sauce | 3 or 4 Tbsp. chili powder |

Combine first 3 ingredients in Dutch oven. Cook until beef is brown and crumbly; drain. Add tomato sauce and remaining ingredients. Cover and simmer 30 to 40 minutes.

Ethel Ledford

DEVELOPED CRAB CAKES

- | | |
|-------------------------------------|-------------------------------------|
| 1 pkg. crab meat | 2 Tbsp. mustard |
| 2 Tbsp. plain flour | 1 tsp. Worcestershire sauce |
| $\frac{1}{2}$ c. cream | $\frac{1}{8}$ tsp. hot pepper sauce |
| $\frac{1}{2}$ c. soft bread crumbs | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{4}$ c. minced bell pepper | 1 c. fine dry bread crumbs |
| 2 Tbsp. chopped onion | 3 Tbsp. butter |

Chop meat to make small lumps. Melt 1 tablespoon butter and stir in flour. Gradually stir in cream. Cook over low heat. Add soft bread crumbs, bell pepper, onions and seasonings. Add crab meat and mix thoroughly. Place dry bread crumbs in shallow dish. Put a large

spoonful of crab mixture on the crumbs. Coat well with crumbs and make into a cake. Do not pack. Should make about 8 patties. Heat 2 tablespoons butter in skillet and saute lightly.

Tonya Langham

CHICKEN DIVAN

2 (10 oz.) pkg. broccoli spears
 ¼ c. butter
 6 Tbsp. flour
 2 c. chicken broth
 ½ c. whipping cream

3 to 4 cooked chicken breasts,
 shredded
 ¼ c. Parmesan cheese
 ½ tsp. salt
 dash of pepper

Cook broccoli according to package directions; drain. Melt butter; blend in flour, ½ teaspoon salt and dash of pepper. Add chicken broth. Cook and stir until mixture thickens and bubbles. Stir in cream. Place broccoli crosswise in baking dish. Pour half the sauce over it. Top with chicken. Add Parmesan cheese to remaining sauce and pour over chicken. Sprinkle with additional cheese. Bake at 350° for 20 minutes. Then broil until sauce is golden.

Tonya Langham

DEER JERKY

4 lb. ground deer
 8 oz. soy sauce
 8 oz. Worcestershire sauce
 4 tsp. catsup

1 tsp. ground cayenne pepper
 1 tsp. onion salt
 1 tsp. garlic powder
 1 tsp. salt

Mix all ingredients together. Let set overnight in refrigerator. Roll out to ¼-inch thick. Cut into strips. Place strips onto food dehydrator trays. Do not overlap. Dry until it cracks when bent, about 8 to 15 hours. Store in airtight container for up to 3 months in refrigerator.

Sherry Baxter

HOMESTYLE MACARONI AND CHEESE

7 oz. pkg. uncooked macaroni
 ¼ c. butter or margarine
 3 Tbsp. all-purpose flour
 2 c. milk
 8 oz. pkg. cream cheese,
 softened
 ½ tsp. salt
 ½ tsp. pepper

2 tsp. country-style Dijon
 mustard
 2 c. cubed Cheddar cheese
 1 c. fresh bread crumbs
 2 Tbsp. butter or margarine,
 melted
 2 Tbsp. chopped fresh parsley

MEATS & MAIN DISHES

Heat oven to 400°. Cook macaroni according to package directions; drain. Meanwhile, in 3-quart saucepan, melt $\frac{1}{4}$ cup butter. Stir in flour. Cook over medium heat, stirring occasionally, until smooth and bubbly (1 minute). Stir in milk, cheese (cream), salt, pepper and mustard. Continue cooking, stirring occasionally, until sauce is thickened (3 to 4 minutes). Stir in macaroni and cheese. Pour in 2-quart casserole dish.

In small bowl, stir together remaining ingredients; sprinkle over macaroni and cheese. Bake for 15 to 20 minutes or until golden brown and heated through.

Jennifer Duvall

SOUPER SWISS STEAK

$\frac{1}{4}$ c. flour	2 tsp. shortening
dash of pepper	1 can Campbell's tomato soup
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. water
1 $\frac{1}{2}$ lb. round steak ($\frac{3}{4}$ -inch thick)	

Mix the first 3 ingredients. Pound steak. In skillet, brown steak on both sides in shortening. Add soup and water. Cover; cook over low heat 45 minutes or until steak is tender, stirring now and then. Makes 4 to 6 servings.

Judy Reynolds

FAMILY FAVORITE MACARONI AND CHEESE

1 pkg. elbow macaroni	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ c. margarine	2 c. milk
$\frac{1}{4}$ c. all-purpose flour	8 oz. Cheddar cheese, grated (2 c.)
1 tsp. salt	

Preheat oven to 375°. Cook macaroni as directed; drain. Melt margarine in medium saucepan; remove from heat. Stir in flour, salt and pepper until smooth. Gradually stir in milk; bring to boil, stirring constantly. Reduce heat and simmer for 1 minute. Remove from heat and stir in 1 $\frac{1}{2}$ cups cheese and macaroni. Pour into 1 $\frac{1}{2}$ -quart casserole dish; sprinkle remaining cheese over top. Bake 15 to 20 minutes or until golden brown. Serves 4 to 6.

Ethel Ledford

TERESA'S CHICKEN AND DUMPLINS

chicken breast
salt and pepper to taste
sweet basil
2 bay leaves

2 c. + self-rising flour
approximately 2 Tbsp. shortening
buttermilk

In a large saucepan, place chicken, basil, bay leaves, salt and pepper. Cover with water; cook over medium-high heat approximately 45 minutes or until chicken is cooked. Remove chicken to cool. Turn broth off until ready to put in dumplins. While chicken cools, prepare dumplins with 2 cups flour with 2 spoons shortening with hands, breaking up shortening into small barely noticeable pieces. Add just enough buttermilk to make a thick dough. Place on well-floured surface and knead in enough flour to make pliable but stiff dough. Pat out into a 1-inch thickness. Cut into strips approximately 1-inch wide, then cut back across the grain to approximately 1-inch to make into squares. Add additional flour to make all sides well floured. Set aside.

Break up cooled chicken into bite size pieces. Remove and discard fat, bones, gristle, etc. Place back into broth and bring back to a boil. When boiling, drop dumplins one by one into boiling broth. If pan becomes congested, stir and continue. When all dumplins are in broth, continue boiling, stirring occasionally, to make sure no sticking is occurring. Turn down to medium and cook to thicken.

Teresa Cloer

CORNBREAD CASSEROLE

1 lb. hamburger
2 ½ c. cooked pinto beans
2 c. tomatoes

1 c. chopped onion
1 small pkg. cornbread mix

Cook hamburger and onions; drain off fat. Mix hamburger, tomatoes and beans in casserole. Spread cornbread on top. Bake at 400° for 25 minutes.

Virginia Etheridge

MEXICAN FIESTA

1 pkg. taco seasoning
1 can black beans
1 can kidney beans
1 can pinto beans
1 can corn
1 can Ro-Tel tomatoes with
green chilies

1 lb. ground beef
1 pkg. Ranch dip mix
1 onion, chopped
corn chips
sour cream
Cheddar cheese (optional)

MEATS & MAIN DISHES

Brown ground beef. Drain, then add taco seasoning and Ranch dip; mix well. Next, add all other ingredients. Heat until hot. Place corn chips on plate, then add mixture. Add sour cream or shredded cheese, if desired.

Charlene Hawkins

CHEESEBURGER RICE

1 lb. ground beef
1 medium onion, chopped
2 c. water
 $\frac{2}{3}$ c. ketchup
2 Tbsp. mustard

$\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
2 c. Minute rice (uncooked)
4 oz. Velveeta cheese, cubed

Brown meat and onions in large skillet on medium-high heat; drain. Stir in water, ketchup, mustard, salt and pepper. Bring to boil. Stir in rice and cover. Remove from heat; let stand 5 minutes. Fluff with fork. Add cheese and heat until cheese is melted.

Tonya Langham

EASIEST EVER MEATBALLS

5 slices bread, crumbled
1 large can evaporated milk
2 $\frac{1}{2}$ lb. hamburger
1 tsp. salt

$\frac{1}{2}$ tsp. pepper
 $\frac{3}{4}$ tsp. sage
1 can each onion soup and
chicken gumbo soup

Soak bread in evaporated milk in large bowl until soft. Add next 4 ingredients, mixing well. Shape into balls. Place in large baking pan. Mix soups together in bowl. Pour over meatballs. Bake at 350° for 1 hour.

Shirley Bartley

*Tastes a bit like
Sloppy Joe's.*

BEEFY BAKED BEANS

1 lb. ground beef
 $\frac{1}{2}$ c. chopped onions
1 (28 oz.) can pork and beans
 $\frac{1}{2}$ c. catsup
1 to 2 Tbsp. vinegar

1 Tbsp. Worcestershire sauce
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ tsp. hot sauce

Cook ground beef and onions until meat is browned, stirring to crumble meat. Drain well. Combine beef mixture and remaining

ingredients; stir well. Spoon bean mixture into a 1 ½-quart casserole dish. Bake, uncovered, at 350° for 30 minutes.

Kaye K. Gladden

PORCUPINE BALLS

- | | |
|-------------------------|-------------------|
| 1 lb. ground beef | ¾ c. milk |
| 1 medium onion, chopped | 1 can tomato soup |
| ½ c. uncooked rice | ¼ tsp. pepper |
| 1 tsp. baking powder | ¼ tsp. salt |

Combine all ingredients except tomato soup. Form into balls and place in baking dish. Mix tomato soup and 1 cup water. Pour over ball. Bake, uncovered, for 35 minutes at 400°. Then cover and continue to cook 35 minutes.

Kaye K. Gladden

WITCHES BREW STEW

- | | |
|---|--------------------------|
| 1 lb. ground beef | 2 c. egg noodles, cooked |
| 1 large onion, chopped | 1 qt. tomato juice* |
| 1 small (4 oz.) can mushrooms,
chopped | |

Cook ground beef and onions until beef is crumbly. Add tomato juice, mushrooms and cooked noodles (drained). Bring to boil; let simmer 15 to 20 minutes.

*I add 14.5-ounce can diced tomatoes or 8-ounce can tomato sauce when I want more tomato taste.

Kaye K. Gladden

MRS. SMITH'S DRESSING

- | | |
|--|---------------------|
| 1 small can cornbread | 1 tsp. sage |
| 4 biscuits | 1 c. chopped celery |
| 2 cans cream of chicken soup,
diluted | ½ c. onions |
| | 1 stick margarine |

Saute onions in butter. Add to bread and soup mixture. Mix well. Put in large pan and bake at 350° for 1 ½ hours.

Wanda Flood

MEATS & MAIN DISHES

--*YOUR FAVORITE RECIPES*--

Recipe

Page Number



VEGETABLES

“...**B**EHOLD, THE FARMER WAITS FOR
THE PRECIOUS FRUIT OF THE
SOIL...”

JAMES 5:7

How To Can Vegetables



POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F). The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait

a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

VEGETABLES

BLENDER POTATO PANCAKES

3 c. cubed raw potatoes
2 eggs
¼ c. flour

1 small onion, quartered
1 tsp. salt
¼ tsp. baking powder

Wash, peel and cut up potatoes. Pat dry with paper towel. Put all ingredients into blender container. Cover. Press "chop" button for 10 seconds. Use spatula to push potatoes down if necessary. Stop motor when using spatula. Spoon batter onto hot greased griddle, using about ¼ cup for each pancake. Brown on one side, then turn once to brown other side. Yields 4 servings.

Tracie Dunn

CANDIED YAMS

3 medium sliced sweet potatoes
1 ½ c. sugar

½ c. butter or margarine
½ c. boiling water

Place potatoes in baking dish, making layers of potatoes, sugar and butter. Pour boiling water over all and cook in moderate oven until syrup is thick and potatoes are soft.

*Nettie Peden
Juanita Stafford*

FRENCH SKILLET CABBAGE

4 to 6 c. shredded cabbage
1 green pepper, shredded
2 large onions, sliced (not chopped)

2 c. diced, sliced celery
2 tomatoes, chopped
6 to 8 slices bacon
¼ to ½ c. bacon drippings

Fry bacon; remove from skillet and crumble. Reserve drippings. Combine all vegetables in large skillet with bacon drippings. Cover; cook over medium heat for 7 to 10 minutes or until vegetables are still crisp-cooked. Add bacon just before serving. Do not substitute for bacon or the drippings.

Mary Jane Watson

VEGETABLES

MAINE BAKED BEANS

- | | |
|--------------------------|--------------------|
| 2 lb. dried beans | ¼ c. brown sugar |
| 1 tsp. baking soda | ½ to ⅔ c. molasses |
| 1 medium onion | 2 tsp. dry mustard |
| ½ lb. bacon or salt pork | ½ tsp. salt |

Soak the beans overnight in cold water. In the morning, pour off the soaking water. Parboil beans with baking soda in fresh water until the skins crack. Cut onion in quarters and put in the bottom of a bean pot or large casserole dish. Add beans. Put cut up bacon or salt pork on top of beans. Mix brown sugar, molasses, dry mustard and salt with a pint of water; pour over beans. If necessary, add more boiling water while baking. Bake at 300° for 6 hours.

Sherry Baxter

MIXED VEGETABLE FRY

- | | |
|----------------|----------------|
| 1 large potato | 2 small squash |
| 1 small onion | |

Dice vegetables and roll in a meal and flour mixture. Add salt and pepper to taste and fry.

Ruby Crumbley

CORN AND BROCCOLI BAKE

- | | |
|---|----------------------------|
| 1 (16 oz.) can creamed corn | 1 egg, beaten |
| 1 (10 oz.) pkg. frozen chopped broccoli, thawed | 1 Tbsp. dried minced onion |
| ½ c. crushed crackers | dash of pepper |
| | 2 Tbsp. butter, melted |

In a bowl, combine the corn, broccoli, ¼ cup of crackers, egg, onion and pepper. Place in a greased 1 ½-quart baking dish. Combine butter and remaining crackers; sprinkle over top. Cover and bake at 350° for 45 minutes.

Sherry Baxter

LEMON-GLAZED CARROTS

- | | |
|---|---------------------|
| 1 ½ lb. carrots, cut into ½-inch slices | 3 Tbsp. brown sugar |
| 3 Tbsp. butter | 3 Tbsp. lemon juice |
| | ¼ tsp. salt |

Place carrots in a saucepan; cover with water. Bring to a boil; reduce heat. Cover and simmer for 10 to 12 minutes or until crisp-tender.

Meanwhile, in a small saucepan, melt butter. Add brown sugar, lemon juice and salt; bring to boil, stirring constantly. Drain carrots; add butter mixture and toss gently.

Sherry Baxter

GREEN VEGETABLE SALAD

- | | |
|---|---|
| 1 can English peas, drained | 1 c. chopped green onions or regular onions |
| 1 can French-style green beans, drained | 1 small can pimientos, diced |
| 1 can Shoe Peg corn, drained | ½ tsp. salt |
| 1 c. diced celery | ½ c. sugar |
| 1 c. diced green peppers | ½ c. vinegar |
| | ½ c. salad oil |

Mix the last 4 ingredients. Stir until sugar is dissolved. Pour over vegetables. Chill overnight. Will keep for several days.

Mary Jane Watson

POTATO STUFFING

- | | |
|-----------------------------|----------------------|
| 1 large onion, chopped | 3 c. mashed potatoes |
| 2 to 3 celery ribs, chopped | 2 Tbsp. parsley |
| 6 Tbsp. butter | ½ tsp. salt |
| 2 slices bread, cubed | ¼ tsp. pepper |

In large saucepan, saute the onion and celery in butter until tender. Add bread cubes and stir until lightly brown. Stir in potatoes, parsley, salt and pepper; mix well. Spoon into 1 ½-quart casserole dish. Bake, uncovered, at 350° for 45 minutes or until top is lightly browned.

Sherry Baxter

CHICKEN AND DRESSING CASSEROLE

- | | |
|---|-----------------------------------|
| 3 to 4 lb. chicken, cooked, deboned and cut in bite size pieces | 1 (8 oz.) carton sour cream |
| 1 stick margarine | 1 can mushroom soup |
| | 1 pkg. herb or plain stuffing mix |
| | 1 c. chicken broth |

VEGETABLES

Place cut up chicken in casserole dish (9 x 13). Mix soup and sour cream and spread on chicken. Melt margarine and broth mix with stuffing. Spread on top of chicken. Bake at 325° for 45 minutes. Serves 8 to 10. Freezes well. Can be made ahead and frozen until needed.

Susan Patterson

CHEDDAR BAKE POTATO SLICE

1 (10 $\frac{3}{4}$ oz.) can Campbell's
cream of mushroom soup
 $\frac{1}{2}$ tsp. paprika

$\frac{1}{2}$ tsp. pepper
4 medium potatoes
1 c. shredded Cheddar cheese

In small bowl, combine soup, paprika and pepper. In greased 2-quart oblong baking dish, arrange cut $\frac{1}{4}$ -inch slices potatoes. Sprinkle with cheese; spoon soup mixture over cheese. Cover with foil. Bake at 400° for 45 minutes. Uncover; bake 10 minutes more.

Sheila Bartley

OLD-FASHIONED CANDIED YAMS

3 medium yams
1 c. sugar
1 Tbsp. nutmeg
 $\frac{1}{4}$ stick butter or margarine

1 tsp. vanilla flavor
pinch of salt
1 $\frac{1}{2}$ c. water

Peel and cut yams in quarters. Sprinkle with sugar and nutmeg; add butter. Add vanilla, salt and water. Cover and simmer over medium heat until liquid forms a syrup. Remove from heat and serve.

Juanita Stafford

TOMATO DELITE

tomatoes
garlic salt
 $\frac{1}{2}$ to 1 tsp. mayonnaise

cooked, crumbled bacon
Mozzarella cheese
oregano

Slice tomatoes $\frac{1}{2}$ -inch thick. Place in broiler pan. Sprinkle with garlic salt. Add mayonnaise. Sprinkle with cooked bacon. Top with cheese. Sprinkle with oregano. Place about 3 or 4-inches from broiler about 3 minutes or until cheese is melted.

Mary Davis

VEGETABLE CASSEROLE

1 can Veg-All
1 c. mayonnaise
1 c. grated cheese

1 c. chopped onions
1 can whole kernel corn
1 can cream of chicken soup

Put all ingredients in casserole dish sprayed with Pam. Put 1 package crushed Ritz crackers with 1 stick melted margarine on top of vegetables and bake at 350° for 45 minutes.

Eloise Patterson

CORN, OKRA AND TOMATOES

2 Tbsp. Crisco
2 Tbsp. sugar
salt and pepper to taste
6 ears corn

6 okra pods
6 tomatoes
2 c. water

Cut corn from cob; put into saucepan. Cover with water and bring to boil. Cut up tomatoes and okra and add to corn. Season to taste and cook until tender.

This recipe came from an old cookbook in the 1913's.

Ruth Taylor

MARINATED CARROTS

2 lb. carrots
½ c. sliced onions
½ c. chopped green pepper
1 c. chopped celery
¾ c. white vinegar

½ c. sugar
½ c. cooking oil
1 tsp. onion flakes
1 tsp. salt
½ tsp. pepper

Clean and slice carrots. Cook to tender-crisp, 10 to 15 minutes. Drain well. Mix all other ingredients and pour over hot carrots. Let set in refrigerator overnight. Will keep several days.

Mae Dunn

CREAM CAULIFLOWER CASSEROLE

1 (10 oz.) frozen broccoli spears
1 (10 oz.) frozen cauliflower
1 can cream of mushroom soup
1 c. Cheddar cheese, grated

½ c. mayonnaise
1 tsp. curry powder
¼ c. dried bread crumbs
½ Tbsp. margarine

VEGETABLES

Thaw cauliflower and broccoli; mix well in small bowl. Add all other ingredients and sprinkle bread crumbs on top. Bake at 350° for 30 minutes.

Virginia Etheridge

HOT POTATO SALAD CASSEROLE

- | | |
|--------------------------------------|------------------------------|
| 4 large potatoes, cooked and drained | ¼ c. butter |
| 1 c. sour cream | ½ c. green onions |
| 1 can cream of chicken soup | 1 c. shredded Cheddar cheese |

Mix potatoes, soup, sour cream and onions in a casserole dish. Crush crackers and sprinkle over mixture. Pour margarine (melted) over crackers and bake at 350° for 30 minutes.

Jennifer Duvall

PARSLEY EGG NOODLES

- | | |
|------------------------------------|-----------------------------|
| 2 c. narrow egg noodles | ½ tsp. dried parsley flakes |
| 3 Tbsp. melted butter or margarine | |

Cook noodles according to package directions. Drain; add butter and parsley and toss gently. Serve with beef goulash. Serves 4.

Mildred Bartley

ORANGE CANDIED SWEET POTATOES

- | | |
|--------------------------|----------------------|
| 6 sweet potatoes, halved | 1 Tbsp. orange juice |
| 2 tsp. salt | ¾ c. corn syrup |
| 3 Tbsp. oleo | ¼ c. brown sugar |

Combine sweet potatoes, salt and ½ cup boiling water in saucepan; simmer, covered, for 15 minutes or until tender. Pour off all but ¼ cup stock; dot with butter. Combine orange juice, corn syrup and brown sugar; blend well. Pour over sweet potatoes. Simmer, basting frequently, for 15 minutes.

Juanita Stafford

SWEET POTATO PUDDING

- | | |
|---------------------------------|---------------------|
| 3 c. grated sweet potatoes | 2 eggs, beaten |
| 1 ½ c. sugar | ½ c. corn meal |
| ½ c. melted butter or margarine | ¼ tsp. salt |
| 1 c. milk | 1 c. grated coconut |

Combine all ingredients and pour into casserole dish. Bake at 350° for 45 minutes or until set.

*Nettie Peden
Juanita Stafford*

SWEET POTATO PUDDING

- | | |
|-----------------------------|------------------------|
| 3 c. sweet potatoes, grated | ½ tsp. cloves |
| 1 ½ c. sugar | 1 stick butter, melted |
| ¾ c. buttermilk | ½ tsp. salt |
| ½ c. sweet milk | 2 eggs, well beaten |
| ½ tsp. cinnamon | grated orange rind |

Mix ingredients in order. Bake for 1 hour at 300°.

Edith Parson

SPANISH RICE

- | | |
|--------------------------------|----------------------------|
| 6 slices bacon, fried crisp | ¼ c. green pepper, chopped |
| 3 Tbsp. bacon drippings | 2 c. water |
| 1 c. white or brown rice | ¼ c. catsup |
| 1 (16 oz.) can tomatoes (2 c.) | 1 tsp. salt |
| 1 medium onion, chopped | ½ tsp. pepper |

In bacon drippings, cook rice, onion and green pepper until onion is tender. Add bacon and other ingredients. Cover and simmer over low heat about 30 minutes, or until rice is tender and liquid absorbed. Makes 5 to 6 servings.

Note: For quick cooking rice, add 2 ½ cups Minute rice after all other ingredients are added. Remove from heat and let stand 5 minutes. Fluff with fork.

Juanita Stafford

GOURMET BAKED ACORN SQUASH

- | | |
|-----------------------------------|--------------------------|
| 3 acorn squash, halved and seeded | 1 ½ c. soft bread crumbs |
| ¾ c. diced celery | 1 c. grated cheese |
| 1 ½ c. diced, unpeeled apples | ½ tsp. salt |
| ¼ c. oleo | ½ tsp. pepper |

VEGETABLES

Place squash halves, cut side down, in baking pan in small amount of water. Bake at 400° for 20 to 30 minutes or until almost tender. Saute celery and apples in oleo in skillet for 5 minutes; stir in crumbs, cheese, salt and pepper. Turn squash halves; fill with apple mixture. Bake 10 to 15 minutes longer or until squash halves are tender.

Eloise Patterson

RUSSIAN SCALLOPED POTATOES

2 small onions, chopped
4 Tbsp. butter or margarine
1 Tbsp. flour
½ c. consomme
½ c. sour cream
1 tsp. Worcestershire sauce

2 drops Tabasco sauce
1 (16 oz.) can white potatoes
2 c. ham, cut into thin strips
2 small dill pickles
grated Parmesan cheese

Simmer the onions in half the butter until soft, but not brown. Add the flour; cook 5 minutes, then add consomme, sour cream, Worcestershire sauce and Tabasco sauce. Continue cooking 10 minutes longer over low heat. Slice potatoes thin and saute in remaining butter about 5 minutes.

Trim fat from ham and cut ham into strips about 1 x ½-inch. Peel the pickles and slice very thin. Mix all ingredients with the onion sauce carefully, using a fork. Place all together in a 9 x 9-inch baking dish. Sprinkle with Parmesan cheese and bake at 350° for about 20 minutes to ½ hour. Good with cucumber salad and pumpernickel bread.

Eloise Patterson

OLD-FASHIONED POTATO CAKES

2 c. mashed potatoes
½ c. plain flour
1 egg

½ tsp. salt
⅓ tsp. pepper

Mix all ingredients together. Pat into cakes and cover with flour. Fry in canola oil until golden brown. I use leftover mashed potatoes.

Virginia Etheridge

STUFFED CABBAGE BUNDLES

1 large cabbage head	1/3 c. chopped onion
1 lb. ground beef	1 egg
1/2 lb. ground pork	1 tsp. salt
1 c. fine bread crumbs	1/4 tsp. pepper
2 Tbsp. meat stock	1 c. cooked rice

Boil cabbage until leaves are wilted; separate leaves. Mix all other ingredients and mold into egg-size balls. Place each on a cabbage leaf, wrap and fasten with toothpicks. Brown lightly in a greased skillet. Cover and simmer 2 hours. Add a small amount of water if necessary. You may serve with tomato sauce or plain. Serves 8 to 10.

Eloise Patterson

CREAMY FRESH CORN

6 to 8 ears corn	1 tsp. salt
3 strips bacon	1 Tbsp. margarine
2/3 c. water	

Shuck, silk, cut and scrape corn from cob. Cook bacon until crisp; remove and drain on paper towel. Stir corn into hot bacon fat; add water and salt. Let cook 8 minutes; ready to eat. Garnish with bacon.

Virginia Etheridge

BARBECUE POTATOES

8 potatoes, cubed	1 Tbsp. vinegar
1/4 c. butter	2 c. barbecue sauce
water to cover potatoes	1 c. catsup
salt and pepper to taste	

Mix all ingredients and bake in 400° oven for 20 minutes.

Magdalene Stafford

HARVARD BEETS

1/2 c. sugar	1/2 c. vinegar
2 Tbsp. cornstarch	1 can beets, drained (reserve 1/4
flour	c. juice)
2 Tbsp. butter	1/2 tsp. salt

VEGETABLES

Mix sugar, cornstarch, vinegar and reserved juice. Cook until thick. Add salt and butter; add beets and heat just until heated through.

Juanita Stafford

VEGETABLE GUMBO

- | | |
|-----------------------------|----------------------------------|
| 1 (10 oz.) pkg. frozen corn | 1 (10 oz.) pkg. frozen okra, cut |
| 1 tsp. Worcestershire sauce | ¼ tsp. thyme |
| 1 bay leaf | 3 medium potatoes, diced |
| 1 (No. 2 ½) can tomatoes | 1 (8 oz.) can tomato sauce |
| 2 Tbsp. salad oil | ¼ c. diced green pepper |
| 1 large onion (about ¾ c.) | |

Saute onion and pepper in oil until soft. Add tomato sauce, tomatoes, potatoes and seasonings. Cover and cook gently about 15 minutes. Add okra and corn and continue cooking until done.

*Leona Brooks
Georgia Patterson*

MARINATED CARROT STICKS

- | | |
|------------------------------|------------------------------|
| 2 lb. carrots | 1 small bottle garlic cheese |
| 1 large bottle Kraft Italian | dressing |
| dressing | |

Peel and cut carrots into slices lengthwise. Place carrots in shallow dish. Pour dressing over them and marinate overnight. Serve chilled.

Mary Davis

CORN 'N BROCCOLI DISH

- | | |
|-----------------------------------|----------------------------------|
| ½ c. butter | 1 (12 oz.) can whole kernel corn |
| 1 (10 oz.) pkg. chopped broccoli, | with red and green sweet |
| thawed and drained | peppers, drained |
| | ½ tsp. salt |
| | ½ tsp. garlic powder |

In heavy 2-quart saucepan, melt butter; add remaining ingredients. Stir to blend. Cover and cook over medium heat, stirring occasionally, until crisp-tender.

Karen Dunn

HASH BROWN POTATO DISH

32 oz. pkg. frozen hash browns
 ¼ c. melted margarine
 ½ c. chopped onion
 1 can cream of mushroom soup

8 oz. sour cream
 1 c. shredded Cheddar cheese
 2 c. corn flakes

Combine all ingredients, except corn flakes in large baking dish. Top with the corn flakes and bake 50 minutes at 350°.

*Mildred Petty
 Juanita Stafford*

HASH BROWN POTATO CASSEROLE

2 lb. hash browns
 ½ c. melted margarine
 ¼ tsp. pepper
 1 tsp. salt
 ½ c. chopped onion

1 (8 oz.) sour cream
 1 can cream of chicken soup
 2 c. grated Cheddar cheese
 2 c. crushed corn flakes

Mix; put in greased casserole dish. Top with 2 cups corn flakes and melted margarine (mixed). Bake at 350° for 45 minutes.

Magdalene Stafford

GREEN BEAN CASSEROLE

1 large can green beans, drained
 (about 1 qt.)
 3 Tbsp. chopped onions
 2 Tbsp. butter
 1 Tbsp. flour

½ tsp. salt
 dash of pepper
 ½ c. shredded cheese
 ½ c. cracker crumbs
 1 Tbsp. melted butter

Place butter in small skillet over medium heat. Add onions and flour. Saute until onions are soft and clean, stirring continually. Remove from heat. Add pepper and salt. Put drained beans in a casserole baking dish. Pour onion mixture over the top. Sprinkle ½ cup cheese over the top. Top with cracker crumbs. Add melted butter to top. Bake at 350° for about 30 minutes.

Mary Jane Watson

SWEET POTATO CASSEROLE

3 c. mashed, cooked sweet
 potatoes
 1 c. sugar
 2 eggs, well beaten

1 tsp. vanilla
 ½ c. melted butter
 2 eggs, well beaten
 ½ c. milk

VEGETABLES

Combine sweet potatoes, sugar, butter, eggs, vanilla and milk. Mix well and spoon into casserole dish. Bake at 350° for 25 to 30 minutes. Remove and add topping. Bake for 10 to 20 minutes.

Topping:

2 c. Rice Krispies
1 c. chopped pecans

1 c. brown sugar
1 stick margarine

Tonya Langham

SWEET POTATO CASSEROLE

2 c. mashed sweet potatoes
8 oz. can crushed pineapple,
drained
½ c. brown sugar

1 egg
3 Tbsp. butter
¼ c. chopped pecans
salt, pepper and nutmeg to taste

Mix all ingredients; place in buttered baking dish and dot lavishly with butter. Bake 30 minutes at 325°.

Virginia Etheridge

SWEET POTATO SOUFFLE

¾ stick margarine, melted
1 ½ c. sugar
1 large can sweet potatoes,
mashed

1 small can evaporated milk
2 eggs, slightly beaten

Mix ingredients together. Pour into baking dish.

Topping:

¾ stick margarine, melted

½ c. brown sugar

Combine the 2 ingredients. Add 1 cup crushed corn flakes and ½ cup chopped nuts. Spoon over potato mixture and bake at 400° for 20 to 30 minutes. If browns too quickly, lower heat to 375°.

Mae Dunn

SWEET POTATO SOUFFLÉ

3 c. cooked, mashed sweet
potatoes
1 c. sugar
½ tsp. salt
2 eggs, slightly beaten

2 ½ tsp. butter or margarine,
melted
½ c. milk
1 tsp. vanilla

Mix all together and pour into a greased baking dish. Cover with Crunch Topping. Bake at 350° for 35 minutes.

Crunch Topping:

- | | |
|-----------------------------|------------------------|
| 2 ½ Tbsp. margarine, melted | ⅓ c. all-purpose flour |
| 1 c. brown sugar | 1 c. chopped pecans |

Mix all ingredients and cover sweet potatoes. Bake.

Lisa Hudson

SWEET POTATO CASSEROLE

- | | |
|------------------------------------|----------------|
| 3 c. mashed, cooked sweet potatoes | 2 eggs |
| 1 c. sugar | 1 tsp. vanilla |
| ¼ c. milk | ½ c. margarine |
| | 1 c. coconut |

Mix all ingredients and place in buttered casserole dish. Prepare topping and put on top of sweet potato mixture.

Topping:

- | | |
|----------------------|----------------|
| 1 c. pecans, chopped | ½ c. margarine |
| 1 c. brown sugar | ½ c. flour |

Mix all ingredients and spread over potato mixture.

Susan Patterson

SWEET POTATO CASSEROLE

- | | |
|---|---------------------------|
| 2 (15 oz.) cans yams, mashed | 2 eggs, well beaten |
| 1 (15 oz.) can crushed pineapple, drained | 1 tsp. vanilla |
| ½ c. fresh frozen coconut | 1 c. sugar |
| ½ c. chopped pecans | ½ tsp. pumpkin pie spice |
| 1 c. miniature marshmallows | 1 stick margarine, melted |

Mix ingredients together and place in large buttered casserole dish.

Topping:

- | | |
|------------------------|-----------------------|
| 1 ½ c. brown sugar | 1 stick melted butter |
| ½ c. self-rising flour | 1 ½ c. chopped pecans |

VEGETABLES

Melt margarine; add brown sugar, flour and pecans. Sprinkle on casserole and bake at 350° for 35 minutes.

Kathy Baxter

SWEET POTATO CASSEROLE

3 c. sweet potatoes, mashed
1/3 c. milk
1/2 c. margarine

1 c. white sugar
2 eggs, slightly beaten
1 tsp. vanilla

Boil sweet potatoes and mash them in a bowl. Mix the remaining ingredients and pour into buttered 9 x 13 casserole dish. Top with topping.

Topping:

1 c. light brown sugar
1/2 c. flour

1/2 c. margarine, melted
1 c. nuts, chopped

Mix topping with fork and sprinkle on top of casserole. Bake, uncovered, at 350° for 30 to 35 minutes.

Minnie Henry

BROCCOLI CASSEROLE

2 pkg. frozen broccoli
1 can cream of mushroom soup

1 c. grated cheese
1 c. French fried onion rings

Cook broccoli according to directions on the package; drain. Pour soup over broccoli. Sprinkle cheese over top and bake at 350° for 25 minutes. Remove from oven; place onions on top and bake for 10 minutes longer.

Ima Lee Caylor

BROCCOLI CASSEROLE

2 pkg. chopped broccoli, cooked
1 can cream of chicken soup
1 can cream of mushroom soup
1 can water

1 stick oleo
2 c. uncooked Minute rice
1 jar Cheez Whiz

Mix drained broccoli, soups, water and oleo in pan. Bring to a boil; add rice and stir well. Add Cheez Whiz. Bake in baking dish for 30 minutes at 350°.

Virginia Etheridge

BROCCOLI CASSEROLE

2 pkg. frozen broccoli
 ½ c. mayonnaise
 2 eggs, beaten
 1 can cream of mushroom soup

1 c. grated sharp Cheddar
 cheese
 2 Tbsp. minced onion

Cook broccoli in salted water. Drain well. Mix soup, mayonnaise, onion, eggs and ¾ cup cheese with broccoli. Sprinkle remaining cheese on top. Bake 30 minutes or until bubbly at 350°.

Elizabeth Holcomb

BROCCOLI CASSEROLE

1 stick margarine
 1 medium chopped onion
 1 (10 oz.) pkg. broccoli

1 can cream of mushroom soup
 1 small jar Cheez Whiz
 1 box rice

Saute onion in margarine. Add broccoli, Cheez Whiz and cream of mushroom soup. Boil bag of rice according to directions, then add to mixture. Bake at 350° for 30 minutes or until it starts to brown.

Janice Scott

FRESH BROCCOLI CASSEROLE

1 bunch fresh broccoli
 1 bunch fresh green onions
 1 can cream of mushroom soup
 1 small jar Cheez Whiz

1 small jar sliced mushrooms,
 drained (optional)
 1 ½ c. Minute rice
 ½ c. milk
 ½ stick butter

Cut up broccoli, steam and drain. Cut up green onions and sauté in butter. Soften Cheez Whiz in microwave. Mix all ingredients together and place in casserole dish; bake at 350° for approximately 20 minutes.

Kathy Ridley

BROCCOLI AND RICE CASSEROLE

1 box frozen broccoli, chopped
 ¾ c. celery
 1 ½ c. cooked rice
 1 can cream of mushroom soup
 1 (8 oz.) jar Cheez Whiz

½ c. sharp Cheddar cheese,
 grated
 1 small onion, chopped
 ½ stick margarine

VEGETABLES

Cook broccoli and drain. Melt margarine and cook onions and celery until clear. Mix all ingredients in casserole dish and bake for 30 minutes at 350°.

Tonya Langham

BROCCOLI CASSEROLE

2 boxes frozen chopped broccoli
1 can cream of mushroom soup
½ c. mayonnaise
2 eggs, well beaten
1 medium onion, chopped

1 c. grated cheese
salt and pepper to taste
½ stick oleo
½ pkg. Pepperidge Farm herb stuffing mix

Drain cooked broccoli. Combine soup, mayonnaise, eggs and onion. Add to broccoli and stir. Pour in casserole. Sprinkle cheese on top. Add salt and pepper. Melt ½ stick oleo in pan. Add ½ package Pepperidge Farm herb stuffing mix. Sprinkle on top. Bake at 350° for 30 minutes.

Susan Patterson

SQUASH CASSEROLE

3 c. sliced squash
1 large chopped onion
2 eggs, beaten
½ c. melted butter

1 can cream of mushroom soup
10 crushed crackers
salt and pepper to taste

Cook squash in small amount of water. Drain and mash squash. Mix in other ingredients and put in casserole dish. Top with crushed crackers in melted butter. Bake at 425° for 20 minutes.

Rita Rymer

YELLOW SQUASH CASSEROLES

2 c. yellow cooked squash
¾ stick butter
2 eggs
1 tsp. salt
½ tsp. pepper

1 c. chopped onion
1 c. grated cheese
1 c. Pet milk
2 c. cracker crumbs
sage (add if you like it, optional)

Add squash and add all other ingredients; mix well. Put in greased baking dish and bake at 375° for about 45 minutes.

Barbara Bartley

SQUASH CASSEROLE

- | | |
|--------------------------------------|------------------------|
| 2 c. cooked squash, mashed | 1 c. Pet milk |
| 1 c. chopped onions | 2 c. crushed crackers |
| 1 c. sharp Cheddar cheese,
grated | 1 stick butter, melted |
| | 2 eggs |

Combine onions, cheese, milk, crackers, butter and eggs; mix well. Add mashed squash. Spray Pam in a 9-inch casserole dish and cook for 35 minutes at 375°.

Mary Davis

SQUASH CASSEROLE

- | | |
|---|---|
| 2 lb. squash | 1 can cream of chicken soup |
| 1 stick margarine | 1 medium onion, chopped |
| 1 pkg. Pepperidge Farm herb
dressing mix | 1 (8 oz.) can water chestnuts,
chopped |
| 1 (8 oz.) sour cream | |

Melt butter in a 9 x 9 baking dish. Boil squash; mash up into small pieces. Crush dressing mix. Mix all ingredients together and leave enough dressing mix for top. Pour into baking dish and bake for 30 minutes at 350°.

Charlene Hawkins

SQUASH CASSEROLE

- | | |
|-----------------------------|---|
| 2 c. stewed squash | 1 can cream of chicken soup |
| 1 (8 oz.) pkg. sour cream | 1 carrot, grated |
| 1 small onion, chopped | ½ pkg. Pepperidge Farm herb
stuffing mix |
| 1 stick margarine, softened | |

Mix stuffing with soft margarine and line bottom of casserole dish. Save enough for top. Mix sour cream and chicken soup. Add remaining ingredients and mix. Pour into casserole. Top with stuffing mixture. Bake 30 minutes at 350°.

Lorene Keener

SQUASH DRESSING

- | | |
|------------------------|--|
| 5 medium yellow squash | 1 (10 oz.) can cream of
mushroom soup |
| 1 c. self-rising meal | 1 medium onion, chopped |
| ½ c. self-rising flour | 1 stick margarine |
| 2 eggs | |

VEGETABLES

Mix the first 6 ingredients in a large bowl. Pour into an oblong dish coated with vegetable spray. Pour margarine over the top of the mixture. Bake at 425° for 25 minutes or until brown.

Barbara Bartley

SQUASH PATTIES

3 medium squash, grated

1 c. cheese, grated

1 medium onion, grated

1 egg

1 c. Bisquick

dash of salt and pepper

Mix together and form patties. Drop into hot grease and fry until light brown.

Kathy Baxter

--EXTRA RECIPES--

over filling. Bake at 375° for 45 to 50 minutes or until puffed and brown. If topping browns too quickly, cover loosely with foil last 15 minutes of baking. Filling will be soft, but will set when cooled. Cool 4 hours before serving.

Sherry Baxter

BANANA SPLIT PIE

- | | |
|-------------------------------------|---|
| 4 large graham crackers,
crushed | 1 small (1 oz.) box sugar-free
vanilla instant pudding mix |
| 8 tsp. light margarine | 2 c. skim or 2% milk |
| 1 banana, sliced | 1 c. light whipped topping
(optional) |
| 1 c. crushed pineapple, drained | |

Mix crushed graham crackers and melted margarine. Press in pie pan. Slice banana over crust. Spread drained pineapple over banana. Mix milk and pudding by the directions on the pudding box. Pour over fruit. Spread whipped topping over top, if desired. Yield: 4 servings. Diabetic exchange: 1 starch, 1 milk, 1 fruit and 1 fat.

Juanita Stafford

DIABETIC CHOCOLATE PIE

- | | |
|---|--|
| 1 (9-inch) pie shell, baked and
cooled | 1 ½ c. skim milk |
| 2 egg yolks (save whites) | 1 Tbsp. flour or cornstarch |
| 2 Tbsp. cocoa | 12 pkg. Equal or 3 ½ tsp. Equal
Measure |

Mix yolks, milk, cocoa and cornstarch. Cook in a double boiler until thick and smooth. Add Equal and pour into pie shell.

Meringue:

- | | |
|--------------|--------------|
| 2 egg whites | 4 pkg. Equal |
|--------------|--------------|

Beat egg whites until fluffy. Add Equal. Cover pie with prepared meringue. Return pie to a 400° oven to brown the meringue.

Juanita Stafford

CHOCOLATE CREAM PIE

- | | |
|---------------------------------------|---|
| 2 envelopes Dream Whip topping
mix | 2 (4 oz.) pkg. instant chocolate
pudding mix |
| 2 ¾ c. milk | 1 graham cracker pie crust
Cool Whip |

BREADS, ROLLS & PASTRIES

Mix 1 cup of milk with topping mix until fluffy. Add both packages of chocolate pudding and remaining milk; beat until fluffy. Spoon into pie shell. Top with Cool Whip and chill about 3 hours.

Juanita Stafford

MOCK PECAN PIE

- | | |
|--|--|
| $\frac{2}{3}$ c. regular oats (uncooked) | $\frac{1}{4}$ tsp. salt |
| $\frac{2}{3}$ c. light corn syrup | $\frac{2}{3}$ c. melted butter or margarine,
cooled |
| 2 eggs, beaten | 1 (8-inch) pie shell (unbaked) |
| $\frac{2}{3}$ c. sugar | |
| 1 tsp. vanilla | |

Combine oats, corn syrup, eggs, sugar, vanilla and salt, mixing well. Add melted butter and mix thoroughly. Pour into pastry shell and bake 1 hour at 350°. Cool before serving.

Mary Jane Watson

SWEET POTATO CUSTARD

- | | |
|------------------|--------------------------------------|
| 3 small potatoes | $\frac{1}{2}$ c. butter or margarine |
| 2 eggs | $\frac{1}{2}$ c. sweet milk |
| 1 c. sugar | $\frac{1}{4}$ tsp. nutmeg |

Mash potatoes. Add all other ingredients. Put in pie crust and bake until a knife comes out clean. Makes 2 pies.

Nettie Peden

PUMPKIN PIE

- | | |
|--------------------------------------|--|
| $\frac{2}{3}$ c. brown sugar, packed | $\frac{1}{2}$ c. milk (I use $\frac{1}{4}$ c.) |
| $\frac{1}{4}$ tsp. cinnamon | 1 $\frac{1}{2}$ c. cooked pumpkin |
| $\frac{1}{2}$ tsp. ginger | 2 eggs, slightly beaten |
| $\frac{3}{4}$ tsp. salt | |

Combine sugar, spices and salt. Add eggs and mix well. Add pumpkin and blend. Stir in milk. Pour in unbaked pie shell. Preheat oven to 425°. Place pie on lowest rack. Bake for 15 minutes. Turn oven to 350° and bake 15 minutes or until knife comes out clean.

Betty Parrott

PECAN PIE

- | | |
|---------------------------|---------------------------------------|
| 3 eggs | 1 tsp. vanilla |
| 1 c. Karo light syrup | 1 ½ c. chopped pecans |
| ½ c. sugar | 1 (9-inch) frozen deep-dish pie crust |
| 2 Tbsp. Mazola | |
| 1 stick margarine, melted | |

Preheat oven and cookie sheet to 350°. In large bowl, stir first 5 ingredients until well blended. Stir in pecans. Pour into pie crust. Bake on cookie sheet 50 to 55 minutes or until knife inserted halfway between center and edge comes out clean. (Do not overcook.) Cool.

*Kaye K. Gladden
Grace Gladden (Moma)*

APPLE PIE

- | | |
|--------------------|------------------|
| 5 c. sliced apples | 2 Tbsp. flour |
| 1 tsp. lemon juice | 1 tsp. cinnamon |
| 1 c. sugar | slices of butter |

Sprinkle apples with lemon juice; mix sugar, flour and cinnamon together. Pour on top of apples. Arrange in pie shell; place butter on top of apples. Put another crust on top of apples. Slit top of crust with fork to allow steam to escape. Bake at 400° for 40 minutes.

Karen Dunn

LITTLE PECAN PIES

- | | |
|------------------------------|------------------------|
| 1 stick Land O Lakes butter | 1 c. self-rising flour |
| 3 oz. cream cheese, softened | dash of salt |

Mix butter and cream cheese. Add flour and salt. Refrigerate for 1 hour. Shape into 1-inch balls and press into mini muffin pan. Fill pastries with following mixture:

- | | |
|------------------------|----------------------|
| 1 egg, beaten | 1 tsp. vanilla |
| 1 Tbsp. butter | ¾ c. pecans, chopped |
| ¾ c. light brown sugar | dash of salt |

Bake at 325° for 25 minutes. Makes approximately 20 to 24 mini pecan tarts.

*Susan Patterson
Phyllis Manis*

PECAN PIE

- | | |
|--------------------------------|--------------------------|
| 1 (9-inch) pie shell (unbaked) | 1 tsp. vanilla |
| ½ c. sugar | 1 Tbsp. melted margarine |
| 1 c. dark corn syrup | 1 ¼ c. pecan halves |
| 1 Tbsp. flour | 2 eggs (grade B) |

Beat together sugar, flour, eggs and vanilla. Pour into unbaked shell. Turn rounded side of a few pecans up. Bake at 325° for 1 hour.

*Leona Brooks
Georgia Patterson*

PEACH PIE

- | | |
|------------------------|-------------------|
| 1 (9-inch) pie shell | 2 Tbsp. margarine |
| 5 to 6 peaches, peeled | 1 tsp. cinnamon |
| 4 Tbsp. cornstarch | |

Line pie shell with peaches. Mix sugar and cinnamon with cornstarch. Pour over peaches and dot with margarine. Cook until done.

Juanita Stafford

MERINGUE

9-inch Pie:

- | | |
|------------------------|----------------------------|
| 3 egg whites | 6 Tbsp. sugar |
| ¼ tsp. cream of tartar | ½ tsp. flavoring (vanilla) |

8-inch Pie:

- | | |
|------------------------|----------------------------|
| 2 egg whites | ¼ c. sugar |
| ¼ tsp. cream of tartar | ¼ tsp. flavoring (vanilla) |

Beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time. Continue beating until stiff and glossy. Do not underbeat. Beat until sugar is dissolved. Add flavoring. Pile meringue onto hot pie filling, being careful to seal edges. Bake at 400° for 8 to 10 minutes until delicately browned.

Susan Patterson

COCONUT PIE

- | | |
|--|----------------|
| 1 c. sugar | 2 tsp. butter |
| 4 Tbsp. flour | 1 can coconut |
| 2 c. milk | 1 tsp. vanilla |
| 2 egg yolks (save whites for meringue) | |

Mix flour and sugar together with fork, then add milk and egg yolks. Beat with mixer and then cook over low heat until thick. Remove from heat and add butter, coconut and vanilla. Return to heat for 3 minutes and then pour mixture into baked pie shell. Top with meringue and bake at 350° for 15 minutes or until meringue is lightly brown. This will make 1 (9-inch) pie.

In memory of Ruth Davis (my grandmother).

Susan Patterson

BANANA SPLIT PIE

- | | |
|-------------------------------|----------------------|
| 1 c. powdered sugar | 2 bananas |
| 1 egg | 1 small Cool Whip |
| 1 stick butter | 1 small jar cherries |
| 1 graham crust | 1 c. chopped nuts |
| 1 small can crushed pineapple | |

Mix sugar, egg and butter together and pour into crust. Then add pineapple in a layer. Slice bananas; top pineapple and then Cool whip on top. Then cherries and nuts. Chill in refrigerator.

Judy Reynolds

CHOCOLATE PIE

- | | |
|-------------------|-----------------------------|
| 1 baked pie shell | 3 Tbsp. cocoa (unsweetened) |
| 2 c. milk | 4 Tbsp. flour |
| 2 eggs | 2 Tbsp. butter |
| 1 c. sugar | ½ tsp. vanilla |

Mix dry ingredients and set aside. Beat milk and eggs together. Add dry ingredients and butter to milk and egg mixture and cook slowly over stove until thickened, stirring constantly. (If not thickened by boiling stage, add more flour. Mixture should not boil.) Add vanilla. Pour into pie shell. Cool before refrigerating. Top with whipped cream.

Juanita Stafford

DREAM PIE

- | | |
|--|---|
| 2 envelopes Dream Whip®
whipped topping mix | 2 (4 serving size) pkg. Jell-O®
Brand chocolate flavor instant
pudding and pie filling* |
| 2 ¾ c. cold milk | 1 baked (9-inch) pie shell, cooled |
| 1 tsp. vanilla | |

BREADS, ROLLS & PASTRIES

*Or use any other flavor.

Prepare whipped topping mix with 1 cup of milk and the vanilla as directed on package using large mixer bowl. Add remaining 1 ¼ cups milk and the pie filling mix. Blend, then beat at high speed for 2 minutes, scraping bowl occasionally. Spoon into pie shell. Chill at least 4 hours.

*Leona Brooks
Georgia Patterson*

STRAWBERRY PIE

2 c. self-rising flour
2 sticks butter

½ c. confectioners sugar

Cream margarine and sugar with mixer; add flour. Spray cookie sheet with Pam; spread dough mixture in pan. Bake at 350° until lightly brown.

Mix:

8 oz. cream cheese
10 oz. Cool Whip

1 ½ c. confectioners sugar

Beat cream cheese and sugar together. Add Cool Whip. Refrigerate until crust is completely cool. Spoon on top. Mix together 1-quart sliced strawberries and 1 package strawberry glaze.

Karen Dunn

CONCORD GRAPE PIE

3 c. Concord grapes
3 Tbsp. flour
1 c. sugar
½ tsp. salt

½ tsp. grated lemon peel
2 Tbsp. butter
1 (9-inch) pie shell

Slip skins from grapes. Bring pulp to boiling point. Press through sieve to remove seeds. Add skins to sieved pulp. Combine flour, sugar and salt; add to grapes. Then add lemon. Pour into pie shell. Dot with butter. Bake 10 minutes in 400° oven. Reduce heat to 350° and bake 30 minutes longer.

Mary Jane Watson

MAKE ITS OWN CRUST COCONUT PIE

4 eggs
 1 $\frac{3}{4}$ c. sugar
 $\frac{1}{2}$ c. self-rising flour
 2 c. 2% milk

1 tsp. vanilla extract
 $\frac{1}{2}$ stick ($\frac{1}{4}$ c.) margarine, melted
 1 $\frac{1}{2}$ c. flaked coconut
 cooking spray

Preheat oven to 350°. In medium mixing bowl, combine eggs and sugar. Add flour and milk, alternating each. Stir in vanilla, margarine and coconut until well blended. Pour mixture into 10-inch pie plate coated with cooking spray. Bake for 45 to 50 minutes or until crust is golden brown.

Shirley Bartley

LEMON PIE

3 eggs
 $\frac{1}{3}$ c. melted butter
 1 tsp. lemon extract
 $\frac{3}{4}$ c. chopped pecans

1 $\frac{1}{2}$ c. sugar
 juice of $\frac{1}{2}$ lemon or 2 Tbsp.
 1 pie shell

Preheat oven to 300°. Beat eggs; add sugar, then butter, lemon juice and extract. Mix well and pour into crust and top with pecans. Bake 45 to 50 minutes.

Ruby Crumley

JAPANESE PIE

4 eggs
 2 c. sugar
 2 sticks butter
 1 c. chopped pecans

1 c. coconut
 1 c. raisins
 2 tsp. vanilla
 $\frac{1}{2}$ tsp. vinegar

Beat eggs, butter and sugar together. Fold in remaining ingredients with spoon. Pour into 2 unbaked pie shells. Bake at 300° for 55 minutes.

Eloise Patterson

JAPANESE FRUIT PIE

2 sticks margarine
 2 c. sugar
 4 eggs

1 c. coconut
 1 c. pecans
 1 c. chocolate chips

BREADS, ROLLS & PASTRIES

Melt margarine; add chips and keep over heat until melted. Add remaining ingredients. Pour into unbaked pie shell. Bake at 350° for 45 minutes.

Ruby Crumbley

OLD-FASHIONED EGG CUSTARD

- | | |
|-----------------|------------------------------|
| 1 c. sugar | 2 Tbsp. melted butter |
| 2 ½ Tbsp. flour | 1 (9-inch) unbaked pie crust |
| 3 eggs | ½ tsp. nutmeg |
| 1 c. milk | |
- corn starch works better, especially if planning to serve cold.*

Combine sugar, flour and nutmeg. Beat 3 egg yolks and 3 egg whites. Add to dry ingredients. Beat well. Add milk. Stir in melted butter; pour into crust. Bake at 400° for 10 minutes, reduce heat to 325° and bake 30 minutes longer. *45 mins.*

Leona Brooks
Georgia Patterson

PEANUT BUTTER PIE

- | | |
|--|-----------------------------|
| ¾ c. sifted powdered sugar | ½ tsp. salt |
| ½ c. Jif creamy peanut butter | 3 slightly beaten egg yolks |
| 1 (9-inch) pie shell, baked and cooled | 2 ½ c. milk |
| ½ c. granulated sugar | 2 tsp. vanilla |
| 3 Tbsp. cornstarch | 3 egg whites |
| | 6 Tbsp. powdered sugar |

Combine powdered sugar and Jif until mixture resembles coarse crumbs. Reserve 3 tablespoons of the crumb mixture. Sprinkle the remaining over bottom of baked pie shell.

In medium saucepan, combine the ½ cup granulated sugar, cornstarch and salt. Combine egg yolks and milk. Stir into granulated sugar mixture until well blended. Cook over medium heat, stirring constantly, until mixture comes to a boil. Cook and stir 1 minute longer. Remove from heat; stir in vanilla. Cool to room temperature. Pour into prepared pie shell. Preheat oven to 425°. Beat egg whites at medium speed of electric mixer, about 1 minute or until soft peaks form. Gradually add the 6 tablespoons granulated sugar about 1 teaspoon at a time, beating at high speed of electric mixer 4 minutes or until stiff peaks form. Spread between egg whites on top. Sprinkle top with 3 tablespoons peanut butter mixture. Bake about 5 minutes. Cool.

Sheila Bartley

PRALINE PECAN APPLE PIE

1 Mrs. Smith's deep-dish special
recipe apple pie

½ stick real butter (not
margarine)

1 c. packed brown sugar

⅓ c. whipping cream

1 tsp. vanilla

1 c. powdered sugar

¾ c. chopped pecans, toasted 5
to 10 minutes

Open center hole of pie. Cut 4 to 6 slits around the opening. Take out of aluminum pie pan and put in glass pie pan. Line cookie sheet with aluminum foil and place pie pan on sheet. Bake at 375° for 1 hour. Take pie out of oven and cover with aluminum foil to keep from burning. Place pie back in oven and cook for 20 minutes more. Let pie cool for 1 hour.

In saucepan, combine butter, brown sugar and whipping cream. Bring to a boil over medium heat, stirring often. Boil for 1 minute and remove from heat. Whisk in vanilla and powdered sugar until smooth. Pour mixture over pie slowly, spreading as you pour. Sprinkle pie with toasted pecans.

Denise Griffin

PIE CRUST

2 c. self-rising flour

¾ c. Crisco

¼ c. water

Cut Crisco into flour with fork. Add water; stir quickly. Put on wax paper and chill. Makes 3 top and bottom pie crusts. Bake crust at 400° for 10 minutes for prebaked crust. The less you handle dough the better the crust will be.

Karen Dunn

JANE'S PIE CRUST

2 c. plain flour

1 tsp. salt

¾ c. shortening

7 or more Tbsp. ice water (dough
works better if chilled)

Mix flour, shortening and salt together with ice water. Roll out on a floured board. May be used as a pan pie or cobbler.

Juanita Stafford

PEANUT BUTTER PIE

- | | |
|-----------------------------|--------------------------------|
| 1 (9-inch) pie shell, baked | $\frac{1}{2}$ c. peanut butter |
| 1 c. powdered sugar | |

Mix; put in bottom of baked pie shell. Reserve 3 teaspoons to sprinkle on top of meringue.

Filling:

- | | |
|-------------------------------|----------------|
| $\frac{1}{2}$ c. flour | 2 c. milk |
| 1 c. sugar | 3 egg yolks |
| $\frac{1}{2}$ stick margarine | 1 tsp. vanilla |

Mix; cook until thick. Pour in pie shell.

Meringue: Beat egg whites. Add $\frac{1}{3}$ cup sugar and 1 teaspoon vanilla. Beat until fluffy. Spread on pie; sprinkle with peanut butter mix and brown topping.

Virginia Etheridge

MILLION DOLLAR PIE

- | | |
|------------------------------|---|
| 1 can Eagle Brand milk | 1 large can crushed pineapple,
drained |
| $\frac{1}{4}$ c. lemon juice | 1 small can mandarin oranges,
cut up |
| 1 large Cool Whip | 2 graham cracker pie crusts |
| 1 small can coconut | |

Combine Eagle Brand milk and lemon juice; add Cool Whip and rest of ingredients. Mix well. Pour into pie shell and chill.

Ruth Taylor

CHOCOLATE CREAM PIE

- | | |
|-----------------------------|---|
| $\frac{1}{2}$ c. chocolate | 3 Tbsp. butter |
| 1 $\frac{1}{4}$ c. sugar | 1 $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{3}$ c. cornstarch | 1 baked (9-inch) pie crust or 1
graham cracker crust |
| $\frac{1}{4}$ tsp. salt | |
| 3 c. milk | |

In medium saucepan, stir together chocolate, sugar, cornstarch and salt; gradually add milk, stirring until smooth. Cook over medium heat, stirring constantly, until mixture comes to a boil. Cook 1 minute; remove from heat. Stir in butter and vanilla. Pour into crust. Refrigerate.

Ruth Taylor

CUSTARD PIE

4 eggs
 ¼ c. sugar
 ¼ tsp. salt

2 c. milk
 1 c. cream
 dash of nutmeg

Preheat oven to 450°. Line 9-inch pie pan with pastry. Brush the inside with white of egg. Chill. Beat eggs slightly with fork; add the sugar and salt; stir until blended. Add milk and cream; blend well. Gently pour custard into pie pan. Sprinkle nutmeg on top. Bake at 450° for 10 minutes, then reduce heat to 300° and bake for 50 minutes.

Juanita Stafford

BUTTERMILK PIE

¾ c. butter, melted
 1 ¼ c. sugar
 2 Tbsp. flour
 ½ c. buttermilk

3 eggs, well beaten
 1 tsp. vanilla
 ¼ to ½ tsp. cinnamon (optional)
 1 deep-dish unbaked pie shell

Mix flour and sugar together. Cream butter in mixture. Add eggs, buttermilk and vanilla. Mix thoroughly. Pour into 1 deep-dish unbaked pie shell. Cook in preheated oven 10 minutes at 375°. Reduce heat to 350° and bake for 30 minutes longer.

I prefer the smaller pies, so I add 1 more egg and up the sugar to 1 ½ cups. Reduce cooking time to 25 minutes. Also delicious if you add just a little coconut.

Rita Rymer

QUICK AND EASY PIE

1 large can frozen lemonade (can use limeade)
 1 can Eagle Brand milk

1 large container Cool Whip
 1 graham pie crust

Mix lemonade, milk and Cool Whip (I use mixer) well. Pour into pie crust. Place in refrigerator for at least 5 minutes before cutting. Must keep refrigerated after cutting. Make ahead and freeze for a quick and easy dessert any time.

Patsy Rains

KIM'S PEANUT BUTTER CREAM PIE**Crust:**

1 $\frac{1}{4}$ c. chocolate graham cracker
crumbs

$\frac{1}{4}$ c. sugar

$\frac{1}{4}$ c. butter or margarine, melted

Filling:

1 (8 oz.) pkg. cream cheese,
softened

1 tsp. butter or margarine,
softened

1 c. Jif peanut butter

1 tsp. vanilla extract

1 c. powdered sugar

1 c. whipped cream

Combine crust ingredients; press into a 9-inch pie plate. Bake at 375° for 10 minutes. Cool. In a mixing bowl, beat cream cheese, peanut butter, powdered sugar, butter and vanilla until smooth. Fold in whipped cream. Gently spoon into crust. Garnish with chocolate graham cracker crumbs or grated chocolate. Refrigerate.

*Juanita Southerland
Kim Elam*

PISTACHIO PINEAPPLE PIE

2 (1 oz.) pkg. instant sugar-free
pistachio pudding mix

1 (9 oz.) container of frozen light
whipped topping, thawed

1 (8 oz.) can unsweetened
crushed pineapple with juice

1 prepared graham cracker crust

Fold together pudding mix, crushed pineapple and juice and whipped topping. Spread this mixture into graham cracker crust. Refrigerate at least 1 hour before serving.

Juanita Stafford

GRANDMA BESSIE'S BANANA CREAM PIE

2 c. sliced bananas (2 medium)

$\frac{3}{8}$ c. Carnation nonfat dry milk
powder

1 (6 oz.) Keebler chocolate
flavored pie crust

1 $\frac{1}{2}$ c. water

1 (4 serving) pkg. banana
sugar-free instant pudding mix

1 c. Cool Whip Lite

1 Tbsp. chocolate syrup

Layer bananas on bottom of pie crust. In a medium bowl, combine dry pudding mix and dry milk powder. Add water. Mix well using a wire whisk. Blend in $\frac{1}{4}$ cup Cool Whip. Pour mixture over

bananas. Refrigerate for about 15 minutes. Spread remaining $\frac{3}{4}$ cup of Cool Whip evenly over filling. Drizzle chocolate syrup over top. Refrigerate until ready to serve.

In memory of my grandmother.

Charlene Hawkins

RICH MAN-POOR MAN PIE

1 c. pineapple slices, cut in bite
size pieces
1 c. peaches (bite size)
1 c. mandarin oranges
 $\frac{1}{2}$ c. nuts

1 can Eagle Brand milk
1 small Cool Whip
 $\frac{1}{4}$ c. fresh lemon juice
1 graham cracker shell

Mix milk and lemon juice until thick. Fold in drained fruit. Mix in Cool Whip. Pour in graham cracker pie shell. Refrigerate at least 2 hours before serving.

Mary Davis

FRENCH TOAST

2 beaten eggs
 $\frac{1}{4}$ c. milk

$\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ tsp. sugar

Mix. Dip 4 slices bread, one at a time, in the mixture. Brown on both sides in a hot skillet in margarine.

Mary Jane Watson

PARTY CHEESE BISCUITS

2 c. flour
2 c. Rice Krispies
2 c. sharp Cheddar cheese,
grated

2 sticks melted butter or
margarine

Mix together and drop very small amount on cookie sheets to make small biscuits. Bake in moderate oven until brown.

Mary Davis

BASIC CORN MEAL BISCUITS

1 c. self-rising corn meal
1 c. self-rising flour

$\frac{1}{4}$ c. shortening
 $\frac{3}{4}$ c. buttermilk

BREADS, ROLLS & PASTRIES

Combine corn meal and flour in mixing bowl. Cut in shortening until mixture resembles coarse crumbs. Blend in enough milk to make a soft dough. Turn out onto lightly floured board or pastry cloth and knead gently 30 seconds. Roll out ½-inch thick. Cut out biscuit with floured 2-inch biscuit cutter or sharp knife. Place on ungreased baking sheet. Bake at 425° for 10 to 12 minutes.

Edith Parson

CINNAMON RAISIN BISCUITS

2 c. flour
½ c. sugar
1 tsp. cinnamon

⅓ c. shortening
½ c. raisins
¾ to 1 c. buttermilk

Frosting:

¾ c. powdered sugar

2 to 3 tsp. milk

In large bowl, combine flour, sugar and cinnamon. Cut in shortening. Stir in raisins. Stirring with a fork, add enough buttermilk to form soft dough and mixture leaves sides of bowl. Turn dough onto floured surface and knead until no longer sticky. Roll out ½-inch thick; cut with 2 ½-inch cutter. Place on ungreased cooking sheet with sides touching. Bake at 450° for 10 to 15 minutes or until golden brown. Cool.

In small bowl, combine powdered sugar and enough milk for desired frosting consistency. Frost warm biscuits.

Sherry Baxter

EASY OLD FASHION COBBLER

1 c. self-rising flour
1 ¼ c. sugar
¾ c. milk

29 oz. can peaches or fruit of
choice in heavy syrup
1 stick butter

Preheat oven to 350°. Melt butter in baking dish. Just before the butter has completed melting, mix flour, sugar and milk until smooth. When butter has melted, put fruit and syrup into hot melted butter. Pour flour, sugar and milk mixture over fruit. Don't worry if it doesn't cover all of your fruit. When it rises it will cover your fruit completely. Bake until golden brown.

Nancy Burton

PEACHES AND CREAM COBBLER

¾ c. unsifted self-rising flour
 3 ½ oz. vanilla pudding and pie
 filling
 ½ c. milk
 3 Tbsp. margarine, softened
 1 egg

16 oz. peach slices, drained
 (reserving juice)
 ½ c. sugar
 1 (8 oz.) pkg. cream cheese,
 softened
 1 Tbsp. sugar
 ¼ tsp. cinnamon

Combine flour, pudding mix, milk, margarine and egg. Beat 2 minutes at medium speed; pour into 9-inch square baking pan. Top with peach slices. Combine the ½ cup sugar, cream cheese and 3 table-
 spoons reserved juice; mix until smooth. Pour mixture over peaches. Combine the tablespoon sugar and cinnamon; sprinkle over cobbler. Preheat oven to 350°. Cook for about 1 hour or until top is brown. Make sure to grease 9-inch baking pan.

Note: Cobbler firms as it cools.

Refrigerate leftovers.

Tracie Dunn

EASY FRUIT COBBLER

1 stick butter or margarine
 1 c. sugar
 1 tsp. baking powder
 2 ½ c. sweetened peaches or
 other fruit with juice

1 c. flour
 ½ tsp. salt
 ⅔ c. milk

Melt butter in a 2-quart dish; mix remaining ingredients and pour over melted butter. Do not stir. Crust rises to the top. Bake 40 to 50 minutes at 350°. May sprinkle sugar on top before putting in the oven.

Linda Smith

HUSH PUPPIES

2 c. self-rising corn meal
 1 c. milk
 ½ c. chopped onions

1 egg, beaten
 ½ red bell pepper, chopped
 ½ green bell pepper, chopped

Heat 2-inch (deep) oil to 375°. Combine remaining ingredients. Mix well. Drop by rounded teaspoonful into hot oil. Fry a few at a time until golden brown. Drain on paper towel. Makes about 2 dozen.

Ethel Ledford

CORNMEAL DUMPLINGS

2 c. self-rising corn meal
½ c. self-rising flour
1 large onion, chopped fine
½ tsp. black pepper

2 Tbsp. melted shortening
1 egg
¾ c. buttermilk to make stiff
dough

With hand, make patties 2-inches across and ¼-inch thick. Drop into 4 cups boiling liquid from chicken or cured ham. Cook 10 minutes or until done.

Barbara Bartley

MEXICAN CORNBREAD

1 ½ c. cornmeal
1 Tbsp. flour
1 c. buttermilk
1 small can cream-style corn
1 ½ c. grated Cheddar cheese

¾ c. oil
2 eggs
1 large jalapeno pepper
1 large onion
½ c. green pepper

Mix together and bake at 400° for about 20 minutes.

*Charlene Hawkins
Mary Jane Watson*

KENTUCKY CORNBREAD

1 ½ c. self-rising meal
1 (8 oz.) carton sour cream
2 whole eggs
1 medium size onion, chopped
fine

1 (8 oz.) can cream-style corn
½ c. Wesson oil
½ tsp. salt

Mix all ingredients together. Bake in oven at 400° for 30 minutes or until done.

Juanita Southerland

MEXICAN CORNBREAD

1 c. yellow cornmeal
½ tsp. salt
½ tsp. soda
¼ c. melted shortening
1 c. sour cream

1 (8 oz.) can cream-style corn
2 eggs, beaten
1 (4 oz.) can chopped green
chiles, drained
1 c. shredded Cheddar cheese

Combine cornmeal, salt and soda; blend. Stir in shortening; add sour cream, corn and eggs and mix well. Add green chiles and cheese and stir. Pour in greased 9 x 13-inch pan and bake at 375° for 35 to 40 minutes.

Melynda Patterson

BRAN MUFFINS

5 c. flour	7 ½ c. Raisin Bran or 15 oz. box
3 c. sugar	1 qt. buttermilk
5 tsp. baking powder	1 c. Wesson oil
1 ½ tsp. salt	4 eggs, beaten

Mix flour, sugar, salt and baking powder. Add cereal, oil, milk and eggs. Stir well. Bake in muffin pan in 400° oven for 15 to 20 minutes. Muffin mix will keep in refrigerator for 6 weeks. Can half recipe if you like.

Mary Jane Watson

APPLESAUCE MUFFINS

1 ½ c. sugar	½ c. margarine, softened
2 eggs	2 c. plain flour
1 tsp. ground cinnamon	½ tsp. baking soda
½ tsp. ground cloves	¼ tsp. salt
1 c. applesauce	

In a mixing bowl, cream sugar and margarine. Add eggs, one at a time, beating well after each addition. Combine dry ingredients; add to the creamed mixture alternating with applesauce. Mix just until combined. Fill greased or paper-lined muffin cups ¾ full. Bake at 350° for 20 to 25 minutes. Makes 1 ½ dozen.

Charlene Hawkins

APPLE BANANA NUT BREAD

½ c. applesauce	1 tsp. soda
½ c. sugar	½ tsp. cinnamon
¼ c. plain nonfat yogurt	¼ tsp. nutmeg
1 tsp. vanilla	½ c. chopped pecans
3 egg whites	1 c. chopped, peeled apple
2 c. all-purpose flour	1 c. ripe bananas, mashed
½ tsp. salt	

BREADS, ROLLS & PASTRIES

In a large bowl, cream applesauce and sugar. In a separate bowl, mix yogurt and vanilla. Add egg white and beat thoroughly. Add mixture to applesauce and sugar; mix well. Sift together flour, salt, baking soda, cinnamon and nutmeg. Combine dry ingredients in bowl with wet ingredients; mix until well blended. Add fruit and nuts and mix well. Pour into a well-greased and floured 9 x 5-inch loaf pan. Bake at 350° for 1 hour. Let cool in pan (10 to 15 minutes).

Berthel Stafford

MONKEY BREAD

- | | |
|---|------------------|
| 4 cans biscuits (plain, no flaky or buttermilk) | ¾ c. butter |
| 1 tsp. cinnamon | 1 c. brown sugar |
| 1 c. sugar | 1 tsp. cinnamon |

Mix 1 teaspoon cinnamon and 1 cup sugar together. Cut biscuits with scissors into 4 pieces. Take sugar-cinnamon mixture and put into large plastic storage bag. Take biscuit pieces and place in bag and shake until sugar/cinnamon mixture has coated the pieces. (Do a little bit at a time and it will coat better.) Spray tube or Bundt pan with Pam and place coated biscuits into pan. In saucepan, bring brown sugar, butter and cinnamon to a boil. Remove from heat and pour evenly over biscuit pieces. Bake at 350° to 375° for 30 to 40 minutes or until brown.

*Nadine Flood
Susan Patterson*

STRAWBERRIES AND CREAM BREAD

- | | |
|------------------------------------|----------------------------------|
| ½ c. butter or margarine, softened | ½ tsp. baking powder |
| ¾ c. sugar | ½ tsp. baking soda |
| 2 eggs | ½ tsp. salt |
| ½ c. sour cream | ¼ tsp. ground cinnamon |
| 1 tsp. vanilla extract | ¾ c. fresh strawberries, chopped |
| 1 ¾ c. all-purpose flour | ¾ c. walnuts, chopped |

In a mixing bowl, cream butter and sugar until fluffy. Beat in eggs, one at a time. Add sour cream and vanilla; mix well. Combine flour, baking powder, baking soda, salt and cinnamon; stir into creamed mixture just until moistened. Fold in strawberries and ½ cup nuts. Pour into greased 8 x 4 x 2-inch loaf pan. Sprinkle with remaining nuts. Bake at 350° for 1 hour or until a toothpick inserted near

the center comes out clean. Cool for 10 minutes. Remove from pan to a wire rack to cool completely.

Juanita Stafford

PUMPKIN BREAD

- | | |
|---------------------------|------------------------|
| 3 ½ c. sifted plain flour | 4 eggs, beaten |
| 2 Tbsp. soda | ¾ c. water |
| 1 ½ Tbsp. salt | 1 c. oil |
| 2 Tbsp. cinnamon | 1 c. nuts |
| 2 Tbsp. nutmeg | 1 (16 oz.) can pumpkin |

Combine flour, soda, salt, cinnamon, nutmeg and sugar in large bowl. Add eggs, water, oil and pumpkin. Stir until well blended. Add nuts; mix well. Pour into 3 well-greased and floured coffee can or loaf pan. Bake 1 hour at 350°.

Barbara Bartley

QUICK SOURDOUGH BREAD

- | | |
|--------------------------|-----------------|
| ⅓ c. sugar | 1 tsp. salt |
| 3 Tbsp. instant potatoes | ½ c. shortening |
| 2 ½ c. warm water | 6 c. flour |
| 2 pkg. RapidRise yeast | |

Grease a large bowl. In another bowl, mix all ingredients and make a stiff dough. Place dough in greased bowl; brush with oil. Cover with dish cloth and let set in warm place until it doubles. Push dough down and knead well. Divide into 3 or 4 loaves. Knead each loaf 8 to 10 times. Place in greased loaf pans; brush with oil. Cover and let rise until about doubled. Bake at 300° for 35 to 40 minutes. Cool on a wire rack.

Sherry Baxter

QUICKIE ROLLS

- | | |
|-------------------------|-----------------|
| 2 c. self-rising flour | ¾ c. warm water |
| ¼ c. sugar | 1 pkg. yeast |
| ¼ c. shortening, melted | |

Combine all ingredients. Mix well and drop by spoonfuls into well-greased muffin tins. Bake at 400° for 15 minutes. Makes 12.

Mary Jane Watson

FEATHERLIGHT ROLLS

½ c. shortening
 2 c. milk, scalded and cooled
 5 c. sifted flour
 2 pkg. yeast
 butter

2 eggs, well beaten
 ½ c. lukewarm water
 ½ c. sugar
 2 tsp. salt

Add shortening to milk while milk is still warm. When milk has cooled, dissolve yeast in water and add to milk. Add sugar, salt, eggs and flour; beat well. Let rest in bowl about 20 minutes. Knead dough for a minute or two. Fill greased muffin pans $\frac{2}{3}$ full or make out rolls. Let rise until double in bulk. Bake in hot oven at 425° for 20 minutes. Brush with butter after removing from oven. Makes about 36 rolls. Only one rising is needed for this recipe.

Mary Jane Watson

LAST-MINUTE ROLLS

1 ¼ c. scalded milk
 2 ½ Tbsp. sugar
 1 ½ tsp. salt
 ¼ c. soft shortening

2 pkg. yeast or cakes
 ¼ c. warm water
 3 ¼ c. sifted flour

About 1 ½ hours before dinner: Into scalded milk in large bowl, stir sugar, salt, and shortening. Cool until lukewarm. In small bowl, sprinkle or crumble yeast into warm water. Stir until dissolved. Stir into lukewarm milk mixture. Add flour; stir until well blended, about 1 minute. Cover with towel and let rise until doubled. Stir batter well, then beat vigorously about ½ minute. Fill greased muffin pan cups or pinch off and put in pan. Bake at 400° for about 25 minutes. Makes 1 dozen.

Susan Patterson

SPOON ROLLS

1 pkg. dry yeast
 2 c. lukewarm water
 1 beaten egg

¾ c. melted shortening
 ¼ c. sugar
 4 ½ c. flour

In a large bowl that can be covered, mix water and yeast until dissolved. Add beaten egg and shortening. Stir well. Add sugar and flour; mix well. Spoon into greased muffin pan. Bake at 425° for 10

to 15 minutes. Store, covered, in refrigerator. Does not have to rise before baking.

**Wanda Flood
Mae Dunn**

YEAST ROLLS

- | | |
|-----------------|------------------------|
| 1 pkg. yeast | 4 c. self-rising flour |
| 1 egg | $\frac{3}{4}$ c. oil |
| 1 c. warm water | |

Dissolve yeast in warm water. Then add to rest of ingredients. Bake at 450° for about 10 minutes. If you do not use all of the dough it can be stored in airtight container in the refrigerator for later use.

Jennifer Duvall

QUICK ROLLS

- | | |
|------------------------|-----------|
| 2 c. self-rising flour | 1 c. milk |
| 4 Tbsp. mayonnaise | |

Mix flour and mayonnaise, then add milk. Pour into 12-cup muffin pan which has been greased and floured. Bake 10 minutes or until golden brown at 450°.

Sherry Baxter

ICEBOX ROLLS

- | | |
|---------------------------|-----------------------------|
| 1 c. shortening | $\frac{1}{2}$ c. warm water |
| 1 $\frac{1}{2}$ tsp. salt | 3 eggs, slightly beaten |
| 3 Tbsp. sugar | 7 $\frac{1}{2}$ c. flour |
| 1 c. boiling water | 1 c. water |
| 2 pkg. active dry yeast | melted butter |

In small bowl, combine shortening, salt and sugar; beat with spoon until smooth and creamy. Add boiling water; stir until smooth. Set aside to cool to lukewarm. In large bowl, sprinkle yeast over $\frac{1}{2}$ cup warm water; stir until dissolved. Add shortening mixture to yeast. Stir in eggs; mix well. Add flour alternately with 1 cup water. Beat until smooth. Grease top of dough with butter. Cover bowl tightly and refrigerate. Will keep 5 to 7 days. Bake at 400° for 15 to 20 minutes.

Sherry Baxter

ROLLS

2 Tbsp. shortening	3 to 3 ½ c. self-rising flour
4 tsp. sugar	1 tsp. salt
1 c. lukewarm water	1 pkg. dry yeast

Dissolve yeast in lukewarm water. Cream shortening, salt and sugar. Add flour and yeast water. Make in desired rolls. Let rise in a warm place. Butter tops before rising. Cook at 350° for 10 to 15 minutes. Take out of oven and butter top again.

*Florence Leonard
Juanita Stafford*

ANGEL ROLLS

1 pkg. yeast	4 Tbsp. sugar
5 ½ c. sifted flour	1 tsp. salt
1 tsp. soda	1 c. shortening
3 tsp. baking powder	2 c. buttermilk

Dissolve yeast in 2 tablespoons lukewarm water. Sift dry ingredients together; cut in shortening. Add yeast mixture and buttermilk; knead until dough holds together. Roll out to ½ to ¾-inch thick. Cut with biscuit cutter. Fold in half as for Parker House Rolls. Place on baking sheet. Bake at 400° for 15 to 20 minutes. Dough may be frozen or chilled for later. Makes 3 dozen rolls (approximately).

Barbara Bartley

IMA LEE'S ROLLS

3 Tbsp. Crisco	1 ½ c. lukewarm water
2 Tbsp. sugar	4 c. all-purpose flour
1 egg	1 tsp. salt
1 yeast cake	

Dissolve yeast in water; gradually stir in rest of ingredients. Dough will keep for several days in the refrigerator. Make out rolls. Let rise 1 hour before baking. Preheat oven to 425° and bake 10 to 18 minutes.

Ima Lee Caylor

CAKES, COOKIES & DESSERTS

SIMPLE RED VELVET CAKE

- | | |
|--|------------------------------------|
| 1 box Duncan Hines golden
butter cake mix | 1 tsp. cocoa |
| 1 c. buttermilk | 1 tsp. vanilla |
| 1 stick butter | 1 (1 oz.) bottle red food coloring |
| 1 tsp. soda | 3 eggs |
| | 1 Tbsp. vinegar |

Combine cake mix, cocoa, vanilla, buttermilk, food coloring and eggs. Blend with mixer until moist; add soda and vinegar. Beat with mixer for 4 minutes. Pour into greased and floured pans. Bake at 350° for 20 to 25 minutes.

Frosting:

- | | |
|---------------------------|-------------------|
| 1 (8 oz.) cream cheese | 1 tsp. vanilla |
| 1 stick butter | 1 c. chopped nuts |
| 1 box confectioners sugar | |

Mix everything except nuts until smooth, then fold in nuts. Ice between layers, top and sides.

Nancy Burton

DANISH CAKE

- | | |
|-----------------|---------------------|
| 3 eggs | 2 c. flour (plain) |
| 1 c. Wesson oil | 1 tsp. vanilla |
| 1 ½ c. sugar | 1 c. nuts, chopped |
| 1 c. buttermilk | 1 c. dates, chopped |
| ½ tsp. soda | |

Mix all ingredients. Bake at 300° for 40 minutes in tube pan.

Filling:

- | | |
|------------------------------|--------------------------|
| 1 c. sugar | 2 Tbsp. white Karo syrup |
| ½ c. buttermilk | ¼ c. butter |
| ½ tsp. soda, mixed with milk | 1 can or 1 c. coconut |

Mix all ingredients in saucepan until it drops off spoon in hunks. Pour over warm cake.

*Grace Gladden
Kaye K. Gladden*

CHOCOLATE SHEET CAKE

2 c. sugar	1 tsp. vanilla
2 eggs	1 c. oil
2 c. plain flour	1 c. water
1 tsp. soda	1 stick butter
½ tsp. salt	4 tsp. cocoa
½ c. buttermilk	

Mix and boil oil, water, butter and cocoa for 1 minute. Mix with remaining ingredients. Pour into oblong pan and bake at 400° for 20 minutes (no more). Frost while warm.

Frosting:

1 stick margarine	4 Tbsp. cocoa
1 box powdered sugar	4 Tbsp. milk
1 tsp. vanilla	

Melt margarine in saucepan. Add milk and cocoa. Bring to boil; remove from heat. Add sugar and vanilla. Beat to spreading consistency.

Sharon Gladden

CHERRY WALNUT CAKE

1 box white cake mix	¼ c. maraschino cherry juice
2 tsp. almond extract	2 egg whites
1 c. water	18 maraschino cherries, finely
½ c. chopped walnuts	chopped

Place cake mix, cherry juice, almond extract, egg whites and water in mixing bowl. Blend with electric mixer on low speed. Increase speed to medium (beat 4 minutes). Add cherries and walnuts. Pour into 2 greased and floured cake pans. Bake in preheated 350° oven for 30 minutes. Ice cooled cake with Buttercream Frosting.

Buttercream Frosting:

1 lb. powdered sugar	½ c. soft margarine
½ tsp. salt	1 tsp. vanilla
3 to 4 Tbsp. milk	

Mix all together and beat well. Spread over cake layers.

Charlene Hawkins

BESSIE'S TURTLE CAKE

1 box devil's food cake mix
1 bag Kraft caramels

$\frac{1}{2}$ c. milk

Mix cake according to directions. Pour half of batter into greased 13 x 9-inch pan. Bake 15 minutes at 375°. Set out to cool.

In a saucepan, melt caramels and milk on low heat. Then pour onto cake. Let cool until caramel is firm. Pour remaining batter over caramel. Bake until done. Cool.

Icing:

$\frac{1}{2}$ c. butter
2 Tbsp. cocoa
6 Tbsp. Coca-Cola

1 tsp. vanilla
1 box powdered sugar
1 c. chopped nuts

Bring to boil the butter, cocoa and Coke. Remove from heat. Add sugar, vanilla and nuts; mix well. Pour over cake.

Minne Henry

HUMMINGBIRD CAKE

3 c. all-purpose flour
2 c. sugar
1 tsp. baking soda
1 tsp. salt
1 tsp. ground cinnamon
3 eggs, beaten

1 c. vegetable oil
1 $\frac{1}{2}$ tsp. vanilla extract
1 (8 oz.) can crushed pineapple
(undrained)
1 c. pecans, chopped
2 c. bananas, chopped

Combine flour, sugar, baking soda, salt and cinnamon in a large mixing bowl. Add eggs and oil, stirring until dry ingredients are moistened. Do not beat! Stir in vanilla, pineapple, pecans and bananas. Spoon batter into 3 greased and floured 9-inch round cake pans. Bake at 350° for 25 to 30 minutes or until a wooden pick inserted in the center comes out clean. Cool in pans for 10 minutes. Remove from pans and cool completely. Then frost with icing.

Hummingbird Frosting:

1 (8 oz.) pkg. cream cheese,
softened
 $\frac{1}{2}$ c. butter or margarine,
softened

1 (16 oz.) pkg. powdered sugar,
sifted
1 tsp. vanilla extract
 $\frac{1}{2}$ c. pecans, chopped

Combine cream cheese and butter, beating until smooth. Add powdered sugar and vanilla; beat until light and fluffy. Spread frosting between layers and on top and sides of cake. Sprinkle pecans on top.

*Linda Smith
Hattie Mantooth*

LIGHT FRUIT CAKE

- | | |
|---|--|
| 1/4 c. brandy | 1 (8 oz.) can unsweetened pineapple tidbits, drained |
| 1 (6 oz.) can frozen orange juice concentrate, thawed (undiluted) | 2 c. all-purpose flour |
| 1 c. cranberries, chopped | 1 1/4 tsp. baking soda |
| 1 (8 oz.) pkg. pitted dates, chopped | 1/4 tsp. salt |
| 1 c. chopped pecans | 1/2 tsp. ground cinnamon |
| 1 Tbsp. grated orange rind | 1/4 tsp. ground nutmeg |
| 1 tsp. vanilla extract | 1/4 tsp. ground allspice |
| 2 eggs, lightly beaten | vegetable cooking spray |
| | 1/2 c. brandy |

Combine brandy, orange juice and cranberries in a large bowl; cover and let stand 1 hour. Combine dates, pecans, orange rind, vanilla, eggs and pineapple. Add to cranberry mixture; stir well. Combine flour and next 5 ingredients. Add to fruit mixture; stir well.

Spoon batter into a 6-cup Bundt pan coated with spray; bake at 325° for 45 minutes or until a wooden pick inserted in cake comes out clean. Cool cake in pan for 20 minutes; remove and cool on wire rack. Bring 1/2 cup brandy to a boil; let cool. Moisten several layers of cheesecloth in brandy and wrap cake. Cover with plastic and foil and store in a cool place at least 1 week before serving. Serves 16 (about 181 calories).

Lorene Keener

RAVE REVIEWS CAKE

- | | |
|--|---------------------------------------|
| 1 box white or yellow cake mix | 1 c. chopped nuts (pecans or walnuts) |
| 1 (4 serving size) pkg. Jell-O instant pudding mix (vanilla) | 4 eggs |
| 1 1/2 c. water | 2 c. coconut (I use 1 pkg. frozen) |
| 1/4 c. oil | |

Combine cake mix, pudding mix, water, eggs and oil in large mixing bowl. Beat at medium speed for 4 minutes. Stir in coconut and

nuts and mix well. Pour into well-greased and floured pan. Bake at 350° for 35 minutes. Cool in pan.

Coconut Cream Cheese Frosting:

- | | |
|-----------------------------|----------------------------|
| 2 c. Angel Flake coconut | 3 ½ c. confectioners sugar |
| 4 Tbsp. butter or margarine | 2 tsp. milk |
| 1 (8 oz.) pkg. cream cheese | ½ tsp. vanilla |

Saute ¼ cup coconut in 2 tablespoons of butter in skillet until golden brown, stirring constantly. Remove from heat and spread on a paper towel to cool.

Cream remaining butter with cream cheese. Add sugar and milk alternately in small amounts, beating well after each addition. Blend in vanilla and remaining coconut (1 ¾ cups). Add nuts and mix well. Spread on cake. Garnish with brown coconut.

Judy Reynolds

APPLE BLOSSOM POUND CAKE

- | | |
|-------------------------------|---------------------------------|
| 1 ½ c. salad oil | 1 tsp. salt |
| 2 c. sugar | ¼ tsp. cloves |
| 3 eggs | ½ tsp. cinnamon |
| 3 c. chopped, unpeeled apples | 1 tsp. vanilla |
| 3 c. all-purpose flour | 1 c. raisins, dusted with flour |
| 1 ½ tsp. baking soda | |

Mix together oil and sugar; add eggs and apples. Combine flour, soda and spices. Stir into apple mixture; add vanilla and raisins. Place in a greased and floured tube pan and bake at 350° for 1 hour and 10 minutes or until done.

*Leona Brooks
Georgia Patterson*

CREAM CHEESE CAKE

- | | |
|-----------------------|---|
| 1 box yellow cake mix | 2 (8 oz.) cream cheese (room temperature) |
| 3 eggs | 1 (8 oz.) sour cream |
| ⅓ c. oil | |
| ½ c. sugar | |

Preheat oven to 350°. Set aside 1 cup cake mix. Mix rest of cake mix, 1 egg and oil together. Press into bottom of a 9 x 13 pan. Put in oven and turn on top broiler and lightly brown; take out of oven and

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turn oven back to 350°. Mix sugar, 2 eggs, sour cream, cream cheese and 1 cup cake mix together until blended, about 2 minutes on medium speed. Bake for 30 to 35 minutes until light brown on top and sides.

Martha and Kathy Baxter

WHITE FRUIT CAKE

1 lb. butter
1 lb. (2 c.) sugar
1 lb. (4 c.) sifted flour
6 eggs, separated
1 ½ lb. pineapple or citron

1 lb. white raisins
1 ½ oz. lemon extract (3 ½ tsp.)
1 lb. shelled pecans
1 lb. red and green candied
cherries *used jarred cherries
with juice*

Let butter and eggs come to room temperature. Cream butter and sugar thoroughly. Add egg yolks. Then add lemon extract. Use 1 cup of flour to dredge fruit and nuts. Then add flour, fruit and nuts. Fold in well beaten egg whites. Bake exactly 3 hours in slow 250° oven. Raisins may be puffed by dropping in water which has been brought to a boil and then the unit turned off. Let stand for 15 minutes.

Makes 2 bundt/tule pan cakes.

Leona Brooks
Georgia Patterson

BROWN SUGAR POUND CAKE

1 box light brown sugar
2 c. plain flour
1 c. self-rising flour
1 c. milk
1 c. oil or butter

5 eggs
1 c. white sugar
1 tsp. vanilla flavor
1 c. nuts

Mix all the ingredients together and bake 1 ½ hours at 325°.

Shirley Bartley

PEANUT BUTTER CAKE

1 c. sugar
1 c. butter
1 c. brown sugar
¾ c. peanut butter

2 eggs
2 c. flour
2 c. oats
½ tsp. vanilla

Press on cookie sheet. Cook at 350° about 5 minutes.

Frosting:

2 c. powdered sugar
 ½ c. Pet milk

½ c. peanut butter

Add more milk, if needed.

Sheila Bartley

GERMAN CHOCOLATE CAKE

1 box German chocolate cake mix, prepared as directed

Coconut Pecan Frosting:

1 c. evaporated milk (can use
 whole milk)
 1 c. sugar
 3 egg yolks

½ stick margarine
 1 tsp. vanilla
 1 can coconut (1 c.)
 1 c. chopped pecans

In heavy saucepan, combine milk, sugar, egg yolks, margarine and vanilla. Cook over medium heat approximately 12 minutes, stirring constantly until mixture thickens. Add coconut and pecans. Beat until cool enough for spreading consistency. Makes enough to ice top and between layers.

*Kaye K. Gladden
 Grace Gladden (Moma)*

BROWN SUGAR POUND CAKE

1 box light brown sugar
 1 c. light brown sugar
 ½ lb. margarine
 ½ c. Crisco
 5 eggs

3 c. plain flour
 1 c. milk
 1 tsp. baking powder
 1 tsp. vanilla

Cream sugar, margarine and Crisco, one at a time. Add milk. Stir in flour, baking powder and vanilla. Bake at 350° for 1 hour.

Caramel Icing:

2 c. light brown sugar
 ½ c. evaporated milk
 ½ c. margarine

pinch of salt
 ½ tsp. vanilla

Boil hard 1 minute or so. Remove from heat, cool, beat well and spread on cake.

Virginia Etheridge

CHRISTMAS FRUIT CAKE

- | | |
|---|----------------------|
| 2 ½ c. self-rising flour | 1 c. pecans |
| ½ tsp. each: cloves, allspice,
nutmeg and mace | 1 c. English walnuts |
| 1 tsp. cinnamon | 2 eggs |
| 1 tsp. vanilla | 1 c. sugar |
| 1 ½ c. raisins | 1 c. orange juice |
| 1 c. chopped dates | ½ c. margarine |
| 2 c. diced citron | 2 tsp. lemon juice |
| | 5 fresh oranges |

Cream butter, sugar and eggs together. Then add flour, spices, vanilla, orange and lemon juice; mix well. Add rest of ingredients and mix. Pour into greased and floured pound cake pan. Bake at 325° for 1 ½ hours. Remove from pan at once. Squeeze fresh orange over cake every 3 days and keep in a cool place.

*Georgia Patterson
Myrtle Willis
Kathy Baxter*

MANDARIN ORANGE DELIGHT CAKE

- | | |
|---|----------|
| 1 box yellow or orange cake mix | ½ c. oil |
| 1 small can undrained mandarin
oranges | 4 eggs |

Mix together and bake 30 minutes at 325° in 13 x 9 floured and greased pan.

Topping:

- | | |
|--|---|
| 1 large can undrained crushed
pineapple | 1 small instant pudding
(pineapple or vanilla) |
| | 1 (9 oz.) Cool Whip |

Mix pineapple and pudding and stir until thick. Add Cool Whip. Frost cake with topping and keep refrigerated.

Martha and Kathy Baxter

UPSIDE-DOWN GERMAN CHOCOLATE CAKE

- | | |
|-----------------------------|-------------------------|
| 1 pkg. German chocolate mix | 1 stick butter |
| 1 box confectioners sugar | 1 ½ c. pecans |
| 1 (8 oz.) cream cheese | 1 ½ c. shredded coconut |

Preheat oven to 350°. Spray 13 x 9 pan with Pam. Sprinkle pecans and coconut into bottom of pan. Mix German chocolate cake mix per package directions. Pour over pecans and coconut. Warm cream cheese and butter to room temperature, then mix in confectioners sugar. Spoon over cake batter and bake 30 minutes at 350°.

*Belinda Elrod
Kathy Baxter*

PRUNE CAKE

¾ c. butter	1 tsp. cinnamon
3 tsp. sour cream	1 tsp. allspice
1 c. sugar	1 tsp. nutmeg
3 eggs, divided	1 c. stewed chopped prunes
1 Tbsp. soda, dissolved in 2 Tbsp. hot water	2 c. self-rising flour

Cream butter, sour cream, sugar and 3 egg yolks together. Mix soda, spices, prunes and flour into mixture, beating well. Fold in 3 stiffly beaten egg whites. Bake at 350° in layers for 30 minutes or until done.

Filling:

1 egg, well beaten	1 c. stewed chopped prunes
½ c. sugar	2 Tbsp. butter
⅓ c. sour cream	1 tsp. vanilla flavoring
1 c. raisins	

Mix all ingredients, except vanilla, in saucepan and boil for 1 minute. Add vanilla flavoring and cool before putting on top and between layers of cake.

*Georgia Patterson
Kathy Baxter*

ITALIAN CREAM CAKE

1 stick margarine	½ c. vegetable shortening
2 c. sugar	5 egg yolks
2 c. flour (plain)	1 tsp. soda
1 c. buttermilk	1 tsp. vanilla
1 pkg. frozen coconut	1 c. chopped nuts
5 egg whites, stiffly beaten	

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Cream margarine and shortening. Add sugar and beat until mixture is smooth. Add egg yolks and beat well. Combine flour and soda. Add to creamed mixture alternately with buttermilk. Stir in vanilla. Add coconut and nuts and fold in egg whites. Pour batter into 3 greased and floured 8-inch pans or 2 (9-inch) pans. Bake at 350° for 25 minutes.

Italian Cream Cake Frosting:

- | | |
|--|----------------------|
| 1 (8 oz.) pkg. cream cheese,
softened | 1 box powdered sugar |
| 1 stick margarine | 1 c. chopped nuts |
| | 1 tsp. vanilla |

Beat cream cheese and margarine until smooth. Add sugar and mix well. Add vanilla and nuts; beat until smooth. Spread on cool cake.

*Leona Brooks
Georgia Patterson*

CREAM CHEESE POUND CAKE

- | | |
|------------------------|------------------------|
| 1 ½ c. butter | 1 ½ tsp. vanilla |
| 1 (8 oz.) cream cheese | 3 c. all-purpose flour |
| 3 c. sugar | ½ tsp. salt |
| 6 large eggs | |

Mix butter and cream cheese at medium speed with a mixer 2 minutes or until creamy. Gradually add sugar, beating 5 to 7 minutes. Add eggs, one at a time; beat. Add vanilla, mixing well. Add flour and salt. Gradually add butter mixture, beating at low speed, then pour batter into a 10-inch tube pan. Bake at 300° for 1 hour and 45 minutes.

Barbara Bartley

STRAWBERRY REFRIGERATOR CAKE

Cake:

- | | |
|--|--|
| 1 pkg. Duncan Hines Moist
Deluxe strawberry Supreme
flavor artificially flavored cake
mix | 2 (10 oz.) pkg. sweetened,
frozen, sliced strawberries,
thawed |
|--|--|

Topping:

- | | |
|---|--|
| 1 (4 serving size) pkg. vanilla
instant pudding and pie filling
mix | 2 c. frozen whipped topping,
thawed |
| 1 c. milk | fresh strawberries for garnish
(optional) |

Preheat oven to 350°. Grease and flour 13 x 9 x 2-inch pan. For cake, prepare, bake and cool, following package directions for basic recipe. Poke holes 1-inch apart in top of cake using handle from wooden spoon. Puree thawed strawberries with juice in blender. Spoon evenly over top of cake allowing mixture to soak into holes.

For topping, prepare pudding mix following package directions using 1 cup milk. Fold whipped topping into pudding mixture. Spread over cake. Garnish with fresh strawberries. Refrigerate at least 4 hours. Makes 12 servings.

Juanita Southerland

HOT FUDGE CAKE

1 stick butter, melted	2 tsp. vanilla
1 ½ c. sugar	2 c. sugar
3 Tbsp. cocoa	½ c. cocoa
1 c. milk	2 c. hot water
2 c. flour	

Melt butter in 13 x 9 baking dish. Mix by hand the next 5 ingredients. Mix and pour over melted butter.

Sauce: Mix 2 cups sugar, ½ cup cocoa and hot water. Pour over cake batter; do not stir. Bake 25 to 30 minutes at 350°. Cake will float like an island. Serve with ice cream while warm.

Kathy Baxter

WALNUT POUND CAKE

½ lb. butter	1 tsp. vanilla
3 c. plain flour	1 tsp. baking powder
3 c. sugar	1 c. sweet milk
5 eggs	1 c. black walnuts, chopped
1 tsp. rum flavor	

Mix all ingredients well. Beat egg with rum and vanilla. Mix butter and sugar; beat until soft, then add dry ingredients. Bake at 320° for 80 minutes in a tube pan or Bundt pan. Cool for 15 minutes.

Berthel Stafford

BUTTERMILK POUND CAKE

3 c. plain flour	2 c. sugar
1 tsp. soda	4 eggs
½ tsp. baking powder	1 tsp. vanilla
¾ tsp. salt	1 tsp. lemon
2 sticks margarine	1 c. buttermilk

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Sift first 4 ingredients together. Cream margarine and sugar until light and fluffy. Add eggs, one at a time, then add flavorings and mix well. Add flour alternately with buttermilk, beginning and ending with flour. Pour into a floured and greased 10-inch tube pan. Bake about 1 hour and 10 minutes in 350° oven.

Virginia Etheridge

BABY FOOD CAKE

- | | |
|------------------------|--|
| 1 c. Mazola oil | 1 tsp. cinnamon, cloves and vanilla |
| 2 c. sugar | 2 (4 oz.) jars baby fruit (plums and prunes work good) |
| 3 eggs | |
| 2 c. self-rising flour | |

Mix all ingredients and bake in 350° oven for 45 minutes.

Virginia Etheridge

COCOA COLA CAKE

- | | |
|---------------|-----------------------------|
| 2 c. flour | ½ c. buttermilk |
| 2 c. sugar | 2 eggs, beaten |
| 1 c. butter | 1 tsp. vanilla |
| 3 Tbsp. cocoa | 1 c. miniature marshmallows |
| 1 c. cola | |

In a mixing bowl, combine the flour and sugar; set aside. In a saucepan, bring butter, cocoa and cola to a boil; stir into dry ingredients. Stir in buttermilk, eggs, vanilla and marshmallows; mix well. Pour into a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 35 minutes or until cake tests done. Spread icing over hot cake.

Icing:

- | | |
|--------------------|----------------------------|
| ½ c. butter | 3 ¼ c. confectioners sugar |
| 2 to 3 Tbsp. cocoa | 1 c. chopped nuts |
| 6 Tbsp. cola | |

Combine butter, cocoa and cola in saucepan; bring to a boil. Remove from heat; stir in sugar and mix well. Spread over hot cake. Sprinkle with nuts. Cool before cutting.

Sherry Baxter

HOT FUDGE CAKE

1 c. flour
 ¾ c. sugar
 6 Tbsp. cocoa
 ½ c. milk
 2 Tbsp. oil

1 tsp. vanilla
 1 c. brown sugar
 1 ¾ c. hot water
 whipped cream or ice cream
 (optional)

In a medium bowl, combine flour, sugar and 2 tablespoons cocoa. Stir in milk, oil and vanilla until smooth. Spread in an ungreased 9-inch square baking pan. Combine brown sugar and remaining cocoa; sprinkle over batter. Pour hot water over all; do not stir. Bake at 350° for 35 to 40 minutes. Serve warm. Top with whipped cream or ice cream, if desired.

Sherry Baxter

PLAIN CAKE LAYERS

3 c. self-rising flour
 1 ¾ c. sugar
 1 c. Crisco shortening

1 ¼ c. sweet milk
 5 eggs
 1 tsp. vanilla

Cream shortening and sugar until creamy. Add eggs, one at a time. Add vanilla. Add flour gradually with milk. Makes 3 layers. Bake at 350° for 25 or 30 minutes. Frost with any frosting.

Betty Parrott

FRESH APPLE CAKE

2 c. sugar
 3 eggs
 1 tsp. vanilla
 ¼ tsp. salt
 1 c. chopped nuts
 2 c. chopped apples

1 c. coconut
 3 c. all-purpose flour
 1 ½ c. oil
 1 tsp. soda
 1 tsp. cinnamon

Mix sugar, oil and eggs. Measure flour, salt, soda and cinnamon; set aside. Add ¼ cup orange juice and vanilla to flour mixture. Then add apples and coconut into flour mixture. Bake at 325° for 1 hour.

Betty Parrott

QUICK ITALIAN CREAM CAKE

1 box butter cake mix

½ c. shredded coconut

Icing:

1 stick butter
 1 (8 oz.) cream cheese
 1 tsp. vanilla flavoring

1 box confectioners sugar
 1 c. finely chopped pecans
 1 ½ c. shredded coconut

Mix cake as directed on box and add ½ cup shredded coconut in batter. Bake at 350° in 3 (8-inch) cake pans about 15 minutes.

Icing: Soften butter and cheese to room temperature and cream together with other ingredients. Ice cake after cooling.

Elizabeth Holcomb

CHOCOLATE ECLAIR CAKE

1 box graham crackers
 6 oz. pkg. French vanilla pudding
 (instant)

3 c. milk
 9 oz. Cool Whip, thawed

Fudge Frosting:

1 c. white sugar
 ½ tsp. salt
 ½ c. cocoa

¼ c. milk
 ¼ c. butter
 1 tsp. vanilla

Butter a 13 x 9-inch Pyrex dish and line with graham crackers (not crushed). Mix together pudding and milk; fold in Cool Whip. Pour half of this mixture over graham crackers. Place another layer of graham crackers over this and pour rest of the pudding mixture over crackers. Lay a third layer of graham crackers on top (takes about ¾ box). Frost top layer with Fudge Frosting and let sit all day or night in refrigerator.

Fudge Frosting: Combine sugar, salt, cocoa and milk. Heat slowly; bring to a boil and cook 1 minute. Remove from heat; add butter and vanilla. Cool. Beat until smooth and spread over crackers.

Mary Jane Watson

CHOCOLATE SHEET CAKE

1 c. cold water
 1 stick margarine
 ½ c. salad oil
 4 Tbsp. cocoa

2 c. each: sugar and flour
 ½ c. buttermilk
 1 tsp. soda
 2 eggs

Icing:

1 stick margarine
 ¼ c. cocoa
 ½ c. buttermilk

1 box powdered sugar (3 ½ c.)
 1 tsp. vanilla
 ½ c. chopped pecans

Boil water, margarine and oil. Pour over dry ingredients and beat until creamy. Add buttermilk, soda and eggs; beat again. Pour into greased and floured jelly roll pan, approximately 17 1/2 x 11 1/2-inches. Bake in 400° oven for 16 to 18 minutes.

Icing: Boil margarine, cocoa and buttermilk. Add powdered sugar, vanilla and chopped nuts; mix. Spread immediately on cooled cake.

Mary Jane Watson

SOCKET IT TO ME CAKE

1 box cake mix
1 c. (8 oz.) sour cream
1/2 c. Crisco oil
1/4 c. sugar
1/4 c. water

4 eggs
1/2 c. brown sugar
1/2 c. chopped nuts
1 tsp. cinnamon

Mix the first 6 ingredients and put 2/3 batter in tube pan. Mix brown sugar, nuts and cinnamon. Sprinkle on top of the batter in pan. Then put the rest of batter over this. Bake at 325° until done.

Betty Parrott

LEMON CHEESECAKE

1 graham cracker, crushed
2 1/2 c. boiling water
1 (4 serving) pkg. sugar-free
lemon Jell-O gelatin
1 c. 1% low-fat cottage cheese

1 (8 oz.) container light
pasteurized processed cream
cheese
2 c. light whipped topping,
thawed
1 c. light cherry pie filling

Spray 8 or 9-inch spring-form pan or 9-inch pie plate with nonstick cooking spray. Sprinkle with half the graham cracker crumbs; set aside.

Stir boiling water into gelatin in small bowl for 2 minutes or until completely dissolved. Pour into blender. Add cheeses; cover. Blend on medium speed until smooth, scraping down sides occasionally. Pour into large bowl. Gently stir in whipped topping.

Spread in prepared pie plate or pan. Sprinkle remaining crumbs around outside edge, leaving center plain. Refrigerate 4 hours or until firm. Just before serving, gently spread pie filling into center of cheesecake. Store leftover cheesecake in refrigerator. Yield: 8 servings.

Juanita Stafford

FRESH APPLE CAKE

4 c. apples, thinly sliced
2 tsp. baking powder
2 c. sugar
1 ½ c. oil
1 tsp. salt

2 eggs
1 c. pecans, chopped
1 tsp. vanilla
2 ½ c. plain flour

Mix all together and bake in 13 x 9-inch pan at 325° for 45 minutes.

Icing:

½ c. sugar
½ c. buttermilk
½ c. corn syrup

¼ tsp. vanilla
¼ c. margarine

Mix all together and boil for 3 minutes. Pour over cake.

Ethel Ledford

LEMON CHEESE CAKE

1 c. butter
2 c. sugar
4 eggs, separated
½ tsp. soda, dissolved in 1 tsp.
water

1 c. sweet milk
3 c. plain flour
1 tsp. vanilla extract

Cream butter and sugar; add 2 of the egg yolks, one at a time, beating well after each addition. (The other two egg yolks are used in the cake filling.) Add milk and flour until all is used; add vanilla, then soda dissolved in water. Beat egg whites and fold in last. Bake at 350° for 30 minutes. Makes 3 (8-inch) layers.

Lemon Cheese Filling:

2 c. sugar
2 grated apples
2 egg yolks

2 Tbsp. butter
2 lemons (juice of 2 lemons)
grated rind of 1 lemon

Mix all ingredients and cook 5 minutes. Cool and spread between layers, top and sides.

Ethel Ledford

RED VELVET CAKE

2 ½ c. flour
 1 ½ c. sugar
 1 tsp. cocoa and vinegar
 2 eggs

1 c. buttermilk
 1 ½ c. Wesson oil and vanilla
 2 oz. red food color

Cream sugar and oil. Add eggs and ½ of dry ingredients. Then add buttermilk, food coloring, vinegar and vanilla. Beat after each addition, then add rest of dry ingredients. Mix well. Pour into greased cake pans and bake at 350° until toothpick inserted in center of cake comes out clean.

Icing:

1 stick margarine (room temperature)
 1 (8 oz.) pkg. cream cheese (room temperature)

1 box confectioners sugar
 1 tsp. vanilla
 1 c. chopped pecans

Mix well and spread onto cooled cake.

Tonya Langham

DUMP CAKE

2 c. plain flour
 2 c. sugar
 2 eggs
 2 tsp. soda

1 (No. 2) can crushed pineapple
 ½ c. chopped nuts
 1 tsp. vanilla

Mix all ingredients together well. Bake at 350° for 45 minutes.

Icing:

3 oz. cream cheese
 1 stick butter

1 ½ c. powdered sugar
 ½ c. chopped nuts

Blend icing and spread on cake while cake is still warm.

Ethel Ledford

CHOCOLATE CHIP POUND CAKE

1 (8 oz.) sour cream
 6 oz. semi-sweet chocolate chips
 1 box yellow cake mix with pudding
 1 small pkg. chocolate instant pudding

½ c. sugar
 ¾ c. oil
 ¾ c. water
 4 eggs

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Mix all together. Bake in Bundt pan at 350° for 1 hour.

CHOCOLATE CAKE

2 c. self-rising flour
3 eggs
1 tsp. vanilla

1 c. sugar
 $\frac{3}{4}$ c. Crisco
 $\frac{3}{4}$ c. water

Mix all ingredients together. Bake at 350° for 30 to 35 minutes.

Chocolate Icing:

3 Tbsp. cocoa
1 box powdered sugar

2 tsp. butter
6 Tbsp. milk

Mix all ingredients until smooth. Pour over cake.

Ethel Ledford

ICEBOX FRUIT CAKE

$\frac{1}{2}$ lb. butter
40 or 50 marshmallows
1 can sweetened condensed milk
1 $\frac{1}{2}$ boxes graham cracker
crumbs

1 medium bottle cherries
1 large pkg. dates (optional)
1 qt. chopped pecans

Melt butter; add marshmallows. Add milk; mix well with crackers. Add remaining ingredients. Mix well. Pack firmly in waxed paper-lined loaf pan. Place in refrigerator 3 or 4 days before cutting. Yields one 5-pound cake.

*Susan Patterson
Phyllis Manis
Karen Dunn*

EASY POUND CAKE

3 c. sugar
1 c. milk
4 eggs
1 c. cooking oil

3 c. flour
2 tsp. flavoring (1 tsp. lemon, 1
tsp. vanilla)

Mix together first 3 ingredients. Add cooking oil along with other ingredients. Bake in tube pan or Bundt pan at 350° for 45 minutes.

Ethel Ledford

PIG PICKIN CAKE

1 box yellow cake mix
1 can mandarin oranges

4 eggs
½ c. oil

Combine ingredients and mix for 2 minutes with electric mixer. Grease and flour 3 (9-inch) cake pans. Bake at 350° for 25 minutes or until lightly browned. Cool completely and frost.

Frosting:

1 carton whipped cream
1 can crushed pineapple

1 small box instant vanilla
pudding

Mix ingredients well and frost between layers and top of cake.

Barbara Bartley

EARTHQUAKE CAKE

1 ½ c. chopped pecans
1 ½ c. coconut
½ c. margarine

1 box German chocolate cake
mix
8 oz. cream cheese
4 c. powdered sugar

Preheat oven to 350°. Grease and flour a 9 x 13-inch pan. Combine pecans and coconut. Sprinkle in bottom of pan. Prepare cake mix according to box. Pour cake mix over pecan and coconut mixture. Melt margarine and cream cheese together in a saucepan. Add powdered sugar; mix well. Pour mixture over cake batter. Bake for 45 minutes or until cake tests done.

Polly Dunn

APPLE DAPPLE CAKE

3 eggs
1 ½ c. oil
2 c. sugar
1 c. chopped pecans
4 c. peeled, chopped, cooking
apples

3 c. flour
1 tsp. salt
1 tsp. soda
2 tsp. vanilla

Cream eggs, oil and sugar. Sift together and fold in flour, salt, soda and vanilla. Blend and add pecans and apples. Bake at 350° for about 1 hour in a Bundt pan. Let cool; take out of pan and put on a serving plate.

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Topping:

1 c. brown sugar
1 stick margarine

¼ c. milk

Boil 2 ½ minutes. Pour over hot cake. Some of the topping will be absorbed. Best to let soak overnight before eating.

Augustine Gallman

MOMMA'S FAVORITE FRUIT CAKE

½ lb. margarine or 1 c. Crisco
1 c. sugar
5 eggs, beaten
2 c. plain flour
2 tsp. baking powder

1 small bottle lemon flavoring
1 small bottle vanilla flavoring
1 lb. candied pineapple
1 lb. candied cherries
4 c. pecans

Cream butter and sugar; add eggs. Beat well. Add flavoring. Add flour which has been sifted with baking powder. Then add nuts and fruit. Bake 2 ½ hours at 250°.

Janice Scott

CHOCOLATE POUND CAKE

2 sticks margarine
½ c. Crisco
3 c. sugar
5 eggs
¼ tsp. salt

½ c. cocoa
1 ¼ c. milk
1 tsp. vanilla
3 c. plain flour
½ tsp. baking powder

Cream margarine, Crisco and sugar. Add one egg at a time to creamed mixture. Sift together flour, salt, baking powder and cocoa. Add alternately with milk, beginning and ending with flour. Bake at 350° for 1 hour and 15 minutes.

Chocolate Icing:

2 c. sugar
½ c. Crisco
¼ c. cocoa

2 tsp. vanilla
¼ tsp. salt
⅔ c. Carnation milk

Mix well; bring to a boil. Cook 2 minutes. Remove from heat and beat until cool; add vanilla. Spread on cake.

Virginia Etheridge

PECAN CAKE

1 lb. brown sugar
 1 ½ c. all-purpose flour
 ½ tsp. salt

1 ¼ tsp. baking powder
 3 c. chopped pecans
 6 egg whites

Mix dry ingredients thoroughly, sifting flour and brown sugar together with baking powder and salt until all lumps are out of mixture. Add chopped pecans. Fold in the beaten egg whites; pour into well-greased and floured tube pan. Bake at 350° for 1 hour and 5 minutes.

Ethel Ledford

ELOISE'S DELICIOUS POUND CAKE

1 stick margarine
 1 c. Crisco shortening
 3 c. sugar
 5 eggs
 3 c. plain flour
 ½ tsp. salt

1 c. milk
 1 tsp. vanilla
 1 tsp. lemon
 1 tsp. almond
 1 tsp. orange
 1 tsp. coconut

Cream margarine, Crisco and sugar well. Add eggs, one at a time. Alternate flour and milk (beginning and ending with flour). Bake 1 hour and 15 minutes at 325°.

Eloise Patterson

SIX FLAVORED POUND CAKE

2 sticks margarine
 ½ c. Crisco
 3 c. sugar
 5 eggs, beaten
 3 c. plain flour
 ¼ tsp. salt
 1 tsp. baking powder

1 c. milk
 1 tsp. coconut extract
 1 tsp. rum extract
 1 tsp. butter extract
 1 tsp. lemon extract
 1 tsp. vanilla extract
 1 tsp. almond extract

Cream shortening and sugar well. Add eggs slowly, blending thoroughly. Sift flour, measure and add salt and baking powder. Add milk and flour. Add extracts, blend well and spoon into a greased and floured tube pan. Bake at 325° in a preheated oven for 1 hour and 30 minutes. Leave in pan. Pour hot glaze over cake while hot. Let cool in pan, then remove.

CAKES, COOKIES & DESSERTS

Glaze:

1 c. sugar
½ c. water
1 tsp. coconut extract
1 tsp. rum extract

1 tsp. butter extract
1 tsp. lemon extract
1 tsp. vanilla extract
1 tsp. almond extract

Combine all ingredients in a saucepan. Boil until syrup is bubbly, about 2 or 3 minutes. Pour over hot cake. Let cool in pan.

Charlene Hawkins

DIABETIC POUND CAKE

2 c. flour
½ c. corn oil
2 eggs
3 large ripe bananas
1 tsp. vanilla

1 ½ c. pecans
1 tsp. soda
1 ½ Tbsp. liquid sugar
4 Tbsp. buttermilk
1 c. raisins

Sift flour and soda; add corn oil and sugar substitute and mix well until light. Beat eggs; add rest of ingredients. Beat until well mixed; pour into pan. Bake at 350° for 25 minutes.

Berthel Stafford

COCOA CAKE

1 c. boiling water
1 stick margarine
½ c. corn oil
4 Tbsp. cocoa
2 c. plain flour

2 c. sugar
2 eggs
½ c. buttermilk
1 tsp. soda
½ tsp. vanilla

Heat margarine, corn oil and cocoa together. Pour over flour, sugar and eggs, beating well. Add buttermilk, soda and vanilla. Put in long pan at 350° for 20 to 25 minutes.

Icing:

1 box xxx sugar
4 Tbsp. cocoa

7 Tbsp. canned milk
1 stick margarine

Sift together sugar and cocoa. Heat milk and margarine. Mix with sugar and coca; add 1 cup pecans. Put icing onto hot cake.

*Leona Brooks
Georgia Patterson*

STRAWBERRY LAYER CAKE

1 pkg. white cake mix
1 c. strawberries*
3 eggs

$\frac{2}{3}$ c. cooking oil
1 pkg. strawberry gelatin

Mix all ingredients, except eggs and strawberries. Add eggs, one at a time, then mix in berries. Makes 3 layers. Bake at 300°.

Filling:

1 box xxx sugar
 $\frac{1}{2}$ stick butter

$\frac{1}{2}$ c. strawberries

Mix well; if too thick, add a little milk.

*One box or can of frozen berries will be enough for recipe. This cake is delicious frozen.

*Leona Brooks
Georgia Patterson*

EASY LEMON CAKE

1 box lemon cake mix
1 (3 oz.) pkg. lemon jello
 $\frac{3}{4}$ c. vegetable oil

3 eggs
1 Tbsp. lemon juice
1 c. boiling water

Dissolve jello in water; cool. In a large mixing bowl, combine cake mix, eggs, oil, lemon juice and cooled jello. Beat until smooth. Pour into a 13 x 9 greased pan. Bake at 350° for 30 minutes.

Icing:

1 c. powdered sugar

5 Tbsp. lemon juice

Combine and pour over hot cake. Return cake to oven for 2 minutes.

Wanda Flood

CHOCOLATE SHEATH CAKE

2 c. flour
2 c. sugar
1 tsp. cinnamon
1 c. water
1 stick margarine

$\frac{1}{2}$ c. oil
4 Tbsp. cocoa
 $\frac{1}{2}$ c. buttermilk
2 eggs, slightly beaten
1 tsp. vanilla

CAKES, COOKIES & DESSERTS

Mix together sugar, flour and cinnamon. Set aside. In saucepan, put water, oil, margarine and cocoa. Bring to a boil. Pour over dry ingredients; mix well. Set aside. Mix buttermilk, eggs and vanilla. Add to chocolate batter. Pour into greased and floured baking pan. Bake at 400° for 20 minutes. Start Chocolate Icing 5 minutes before cake is done.

Icing:

1 stick margarine	1 tsp. vanilla
4 Tbsp. cocoa	1 box powdered sugar
6 tsp. milk	1 c. chopped pecans

Place margarine, cocoa and milk in a saucepan. Bring to a boil. Spread on hot cake.

Wanda Flood

NEIMAN-MARCUS CAKE

1 box lemon cake mix	1 egg
1 stick margarine	1 c. chopped pecans

Mix and press into 13 x 9 greased and floured pan.

1 box powdered sugar	8 oz. cream cheese, softened
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Mix and pour over cake mixture. Bake at 300° for 1 hour. Cut in squares.

Mae Dunn

FIVE FLAVORED POUND CAKE

2 sticks margarine	3 c. plain flour
½ c. Crisco	¼ tsp. salt
3 c. sugar	1 c. milk
5 eggs	1 tsp. baking powder

Extracts:

1 tsp. coconut	1 tsp. lemon
1 tsp. rum	1 tsp. vanilla
1 tsp. butter	

Cream shortening and sugar well; add eggs, one at a time, beating well after each. Sift flour, salt and baking powder together. Add milk and flour alternately, beginning and ending with flour. Add

extracts; pour into a greased and floured tube pan. Bake in 325° preheated oven for 1 hour and 30 minutes. Tried and true many times.

Virginia Etheridge

COW PIE

2 c. milk chocolate morsels
1 Tbsp. margarine

½ c. raisins
½ c. slivered almonds

In top of double boiler over boiling water, melt chocolate morsels with margarine. Stir until smooth, then add raisins and nuts. Drop by tablespoon onto wax paper. Let set. Chill before serving.

Ruth Taylor

STRAWBERRY ICE CREAM

4 eggs
1 ⅔ c. sugar
2 c. whipped cream
2 (16 oz.) pkg. frozen
strawberries

4 c. milk
1 (15 oz.) can sweetened
condensed milk

Beat eggs until light; add sugar gradually, beating until mixture thickens. Add remaining ingredients; mix thoroughly. Freeze in ice cream freezer. Makes 1 gallon.

Barbara Bartley

TEA CAKE COOKIES

1 ¼ c. sugar
½ c. butter or margarine
½ c. shortening

1 Tbsp. vanilla
2 eggs
3 c. all-purpose flour

Mix ingredients. Pinch off small amount of dough, roll thin and cut cookies. Bake at 350° for 12 to 15 minutes.

*Kaye K. Gladden
Alma Gladden (Big Moma)*

PEANUT BUTTER COOKIES

1 c. shortening
1 c. sugar
½ c. packed brown sugar
1 tsp. vanilla
2 eggs

2 c. unsifted all-purpose flour
1 tsp. baking soda
1 (12 oz.) pkg. Reese's peanut
butter chips

CAKES, COOKIES & DESSERTS

Cream shortening, sugar, brown sugar and vanilla until light and fluffy. Add eggs; beat well. Combine flour and baking soda; blend into creamed mixture. Stir in chips. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 350° for 10 to 12 minutes or until lightly browned. Cool slightly; remove from cookie sheet. Makes approximately 5 dozen cookies.

Kaye K. Gladden

PREACHER COOKIES

2 c. sugar
5 Tbsp. cocoa
½ stick butter
1 c. evaporated milk

2 ⅓ c. oatmeal
½ c. coconut
½ c. peanut butter

Mix and heat first 4 ingredients until dissolved. Add oatmeal, coconut and peanut butter; mix well. Place on cookie sheet and set in cool place to harden.

Virginia Etheridge

NO BAKE COOKIES

2 c. sugar
3 Tbsp. cocoa
1 tsp. salt
½ c. milk
1 stick butter

3 c. quick cook oats
1 c. coconut
2 c. nuts
1 tsp. vanilla

Mix in saucepan and bring to boil first 5 ingredients. Take off stove. Stir in oats, coconut, nuts and vanilla. Mix well. Drop by teaspoon on wax paper and let cool.

Magdaline Stafford

PECAN SANDIES (Cookies)

2 sticks butter
4 Tbsp. sugar
2 ½ c. flour

1 tsp. vanilla
1 c. pecans, chopped

Cream butter and sugar slowly. Then add flour while still stirring. Add vanilla and pecans. Shape into balls on cookie sheet. Bake

in slow oven until light brown at 250° for 45 minutes. After cookies cool, roll in powdered sugar.

Mary Davis

EASY-SLICE SUGAR COOKIES

1 c. Domino® granulated sugar
1 c. (2 sticks) butter or
margarine, softened
1 egg
1 Tbsp. vanilla

2 ¼ c. all-purpose flour
1 tsp. baking soda
additional Domino® granulated
sugar

In large bowl, mix sugar and butter. Beat in egg and vanilla until light and fluffy. Mix in flour and baking soda. Divide dough into halves. Shape each half into roll about 1 ½-inches in diameter. Wrap and refrigerate for 1 hour until chilled.* Cut rolls into ¼-inch slices. Place on ungreased baking sheet and sprinkle generously with additional sugar. Bake in 375° oven for 10 to 12 minutes or until lightly browned around the edges. Cool on rack. Makes about 3 dozen cookies.

*Tip: To chill dough quickly, place in freezer for 30 minutes.

Marilyn Dunn

CHOCOLATE SNOWFLAKE COOKIES

2 c. sugar
½ c. vegetable oil
12 Tbsp. cocoa plus 4 Tbsp.
margarine
4 eggs

2 tsp. vanilla extract
2 c. all-purpose flour
2 tsp. baking powder
½ tsp. salt
¾ c. sifted powdered sugar

Combine first 3 ingredients in a large mixing bowl; beat at medium speed with an electric mixer until blended. Add eggs and vanilla, mixing well. Combine flour, baking powder and salt; add about ¼ of dry mixture at a time to chocolate mixture, mixing after each addition. Cover and chill dough at least 2 hours. Shape dough into 1-inch balls and roll in powdered sugar. Place cookies 2-inches apart on greased cookie sheets. Bake at 350° for 10 to 12 minutes. Cool on wire racks.

Minnie Henry

COCONUT DROP COOKIES

- | | |
|--|----------------------------------|
| ½ c. margarine <i>(try butter -</i> | ¼ tsp. salt |
| 1 c. brown sugar <i>flavored</i> | ½ c. coconut |
| 1 egg <i>shortening</i> | ½ c. chopped nuts |
| ½ tsp. vanilla | ½ c. maraschino cherries, cut up |
| 2 c. sifted flour <i>(all-purpose)</i> | or candied cherries |
| ½ tsp. soda | |

Cream margarine and gradually add sugar. Beat well. Add egg and vanilla. Sift dry ingredients together and gradually add to first mixture. Stir in nuts, coconut and cherries. Drop by teaspoonfuls on greased cookie sheet. Bake at 325° for 15 minutes. Remove at once and cool.

*Leona Brooks
Georgia Patterson*

SUGAR COOKIES

To mothers who have sons in the service, this recipe stays fresh and good. I have a son in Vietnam who has enjoyed these several times and says they are always good and stay together.

- | | |
|---------------------------------|-----------------------------------|
| 3 ½ c. sifted all-purpose flour | 1 ½ c. sugar |
| 2 ½ tsp. baking powder | 2 eggs (unbeaten) |
| ½ tsp. salt | 1 tsp. vanilla or lemon flavoring |
| ¾ c. shortening | 4 tsp. milk |

Sift flour, baking powder and salt together. Cream shortening; add sugar gradually. Add eggs one at a time; add vanilla. Add flour alternately with milk. Chill 3 or 4 hours or overnight (more crisp if chilled overnight). Roll out very thin and cut with cookie cutter; sprinkle with sugar. Bake on ungreased sheet in oven (375°) for 5 to 8 minutes or until done.

*Leona Brooks
Georgia Patterson*

CHOCOLATE OATMEAL COOKIES

- | | |
|-------------------------|----------------|
| 2 c. sugar | ½ c. butter |
| ½ c. milk | ¼ c. cocoa |
| ½ c. peanut butter | 1 drop vanilla |
| 2 c. one minute oatmeal | |

Mix together sugar, milk, butter and cocoa. Boil 2 minutes. Remove from heat; quickly add peanut butter, oatmeal and vanilla. Drop by spoonfuls on wax paper. Let cool.

Angel Gallman

PRALINE COOKIES

24 graham cracker squares
1 stick margarine

1 c. light brown sugar
1 c. chopped nuts

Mix margarine, sugar and nuts in a saucepan. Simmer 4 to 5 minutes. Spoon mixture on top of crackers. Bake in a 400° preheated oven for 4 to 5 minutes. Remove from pan and place on wax paper.

Wanda Flood

PEANUT BUTTER COOKIES

½ c. soft butter or margarine
½ c. brown sugar, packed
½ c. peanut butter (crunchy or creamy)
½ tsp. vanilla extract

1 egg
½ tsp. baking soda
¼ tsp. salt
1 ½ c. all-purpose flour
peanuts for garnish (optional)

Cream butter with sugar and peanut butter. Add vanilla and egg, beating until fluffy. Stir in baking soda and salt. Blend in flour. Mix until a stiff dough forms. Shape into walnut sized balls. Place on lightly greased cookie sheets. Press with fork, crisscross to flatten. Sprinkle with peanuts, if desired. Bake at 375° for 10 minutes or until lightly browned. Makes approximately 2 ½ dozen.

*Susan Patterson
Nanny Waters*

SANDIES

¾ c. butter
4 Tbsp. confectioners sugar
2 Tbsp. water

2 c. plain flour
1 c. chopped nuts
1 tsp. vanilla

Mix everything together except nuts with mixer. Then add nuts. Mix with spoon. Bake at 350° for 15 minutes. Roll in confectioners sugar.

Betty Parrott

PEANUT BUTTER COOKIES

- | | |
|------------------|--------------------|
| 3 c. flour | 2 eggs |
| 1 c. sugar | 1 tsp. vanilla |
| 1 c. brown sugar | 1 c. peanut butter |
| 1 c. shortening | |

Mix flour and sugars together. Add eggs, shortening and peanut butter. Mix well. Roll into balls. Put on cookie sheet. Press with fork. Bake at 350° for 10 minutes.

Wanda Flood

MARTHA WASHINGTON CANDY

- | | |
|----------------------------------|---------------------------------|
| 2 boxes powdered sugar | 1 stick melted butter |
| 1 can Eagle Brand condensed milk | 1 tsp. vanilla |
| 2 c. Angel Flake coconut | 1 (12 oz.) pkg. chocolate chips |
| 1 pt. chopped pecans | ½ block paraffin wax |

Mix the first 6 ingredients well together with hands and roll into little balls. Keep hands greased with butter while rolling out balls. Put them on waxed paper and place in refrigerator until cold. Melt the chocolate chips and wax in double boiler. Dip balls in mixture with a toothpick and put on wax paper until cool.

Sharon Gladden

CHOCOLATE FUDGE

- | | |
|------------------------|--------------------------|
| 2 c. sugar | 1 tsp. vanilla |
| ⅔ c. milk | 2 Tbsp. white Karo syrup |
| ¼ c. Crisco shortening | 1 c. chopped nuts |
| ¼ c. cocoa | 1 c. mini marshmallows |
| ½ stick margarine | |

Mix the first 4 ingredients together and bring to boil. Boil on medium-high for 5 minutes. Remove from stove and add margarine, vanilla and Karo syrup. Beat on high for about 4 minutes. Add nuts and marshmallows. Spread quickly on buttered pan, chill and cut in squares.

Betty Parrott

PEANUT BUTTER DAINTY

(Candy)

½ c. margarine
2 c. sugar
½ c. milk
3 c. oats

½ tsp. vanilla
4 tsp. cocoa
½ c. peanut butter

Melt margarine over medium-high heat. Add milk and sugar. Bring to a boil; add other ingredients and mix thoroughly. Pour onto a buttered surface. Allow to cool. Enjoy!

This is a quick and simple dessert for a fast pull together treat.

Teresa Cloer

PEANUT BRITTLE

3 c. sugar
1 c. corn syrup
½ c. water

4 Tbsp. unsalted butter
2 tsp. vanilla
2 tsp. baking soda

Cook sugar, corn syrup and water in heavy saucepan until candy temperature reaches 230°. Add 4 ½ cups salted roasted peanuts. Continue cooking until temperature reaches 300°. Stir in remaining ingredients and remove from heat. Spray vegetable oil (Pam) on sides and bottoms of 2 cookie sheets. Pour mixture onto sheets and let air dry for 2 hours.

Susan Patterson

CHOCOLATE PEANUT BUTTER FUDGE

¾ c. margarine
3 c. sugar
12 oz. pkg. semi-sweet chocolate
chips

5 oz. can evaporated milk
1 jar marshmallow cream
1 tsp. vanilla
2 heaping Tbsp. peanut butter

In a medium saucepan, melt margarine. Add sugar and evaporated milk. Bring to a boil, stirring constantly. When boiling, allow to boil 5 minutes longer. Remove from heat; add chips. Then marshmallow cream, peanut butter and vanilla. Stir until smooth. Pour onto a buttered surface. Cool. Makes approximately 3+ pounds.

Teresa Cloer

ORANGE BALLS

1 stick margarine
¼ c. orange juice

2 ½ c. crushed vanilla wafers
1 c. powdered sugar

Melt margarine with orange juice. Add vanilla wafers and sugar. Cool in refrigerator. After it has hardened, make into small balls and roll in more powdered sugar. Makes 2 dozen.

Karen Dunn

SUGAR-FREE CHOCOLATE FUDGE

2 pkg. cream cheese, softened
2 sq. unsweetened chocolate,
melted and cooled

24 pkg. Aspartame sweetener
equivalent to ½ c. sugar
1 tsp. vanilla
½ c. chopped pecans

In a small mixing bowl, beat the cream cheese, chocolate, sweetener and vanilla until smooth. Stir in pecans. Pour into an 8-inch square baking pan lined with foil. Cover and refrigerate overnight.

Vickie Hulett

PEANUT BUTTER BALLS

½ box powdered sugar
1 c. chopped pecans
1 stick butter
1 can Eagle Brand milk

1 c. peanut butter
1 c. coconut
1 c. graham cracker crumbs
dipping chocolate

Mix well. Roll into balls. Put in freezer for about 15 minutes. Dip in melted chocolate and let dry on wax paper.

Judy Reynolds

MINNIE'S CORNFLAKE CANDY

1 c. sugar
1 c. corn syrup
6 c. cornflakes

1 (12 oz.) jar crunchy peanut
butter

Combine sugar and syrup in a heavy saucepan; bring to a boil. Stir to dissolve sugar. Remove from heat; add peanut butter and mix well. Add cornflakes and stir to coat them. Drop by teaspoon onto waxed paper.

*Minnie Henry
Mary Jane Watson*

PEANUT BUTTER FUDGE

3 c. sugar
 ¾ c. milk
 1 tsp. vanilla
 3 Tbsp. cocoa

1 (12 oz.) jar peanut butter
 1 (7 oz.) jar marshmallow cream
 1 Tbsp. margarine

In large pot, mix sugar and cocoa together, then add milk and vanilla and cook over medium-high heat. Bring to a boil; time boil for 3 minutes only. Take off heat. Add butter, peanut butter and marshmallow cream fast to mixture. Pour in buttered 13 x 9 pan fast.

Myrtle Willis

QUICK NUT FUDGE

1 box powdered sugar
 ½ c. cocoa
 ¼ tsp. salt
 6 Tbsp. margarine

4 Tbsp. milk
 1 Tbsp. vanilla
 1 c. chopped nuts

Combine all ingredients except nuts in top of double boiler. Place over simmering water and stir until smooth. Add nuts and mix. Spread quickly into 9 x 5 pan. Cool and cut into squares.

Wanda Flood

BUCKEYES

1 ½ c. peanut butter
 1 tsp. vanilla

1 box powdered sugar
 ½ c. butter or margarine

Cream peanut butter and butter. Add sugar; mix thoroughly. Using hands form into balls and refrigerate. Melt together in double boiler 1 (12-ounce) package semi-sweet chocolate pieces and 2 tablespoons Crisco. Dip balls into chocolate using toothpicks. Place on waxed paper. Refrigerate until set.

Karen Dunn

POTATO CANDY

1 medium potato
 1 box powdered sugar

1 jar peanut butter

Boil potato with jacket on until tender. Peel and mash potato; gradually add box of sugar to potato to make a dough like mixture.

CAKES, COOKIES & DESSERTS

Roll out on waxed paper sprinkled with powdered sugar to $\frac{1}{4}$ -inch thick square. Spread with peanut butter, roll up and slice.

Kathy Baxter

MARSHMALLOW FUDGE

- | | |
|-----------------------|-------------------------------|
| 2 lb. sugar | 1 small jar marshmallow cream |
| 2 sticks butter | $\frac{1}{8}$ tsp. salt |
| 2 small cans Pet milk | 1 tsp. vanilla |

Bring the ingredients to a boil for 9 minutes. Remove from heat and add 3 bags (6 ounces) chocolate chips and $\frac{1}{2}$ jar marshmallow cream. May add nuts. Makes 5 pounds.

Barbara Bartley

CHOCOLATE COCONUT BALLS

- | | |
|---|--------------------------------------|
| 1 stick butter | 3 c. chopped nuts |
| 2 cans flaked coconut | 1 $\frac{1}{2}$ boxes powdered sugar |
| 1 can Eagle Brand milk
dipping chocolate | 2 tsp. vanilla |

Mix melted butter and nuts. Add rest of ingredients. Shape into balls and chill in freezer for 15 minutes. Dip in melted chocolate and let dry on wax paper.

Judy Reynolds

INDOOR S'MORES

- | | |
|--|---|
| 8 c. Golden Grahams cereal (one
13 oz. box) | 6 c. miniature marshmallows
(one 10 oz. bag) |
| 1 $\frac{1}{2}$ c. Nestle Toll House milk
chocolate morsels | 5 Tbsp. butter or margarine |
| | 1 tsp. vanilla |
| | $\frac{1}{4}$ c. light corn syrup (optional) |

Melt 5 cups marshmallows (save 1 cup for later), milk chocolate morsels, butter and corn syrup in 3-quart saucepan over low heat, stirring occasionally. Remove from heat. Stir in vanilla. Butter rectangular pan, 13 x 9 x 2. Pour Golden Grahams cereal into a large bowl. Pour marshmallow mixture over cereal; stir until evenly coated. Stir in remaining marshmallows. Press mixture into pan. Cool at least 1 hour or until firm. Store, loosely covered, at room temperature.

Tracie Dunn

HUMDINGERS

1 stick butter
2 c. dates
1 c. sugar
1 c. confectioners sugar or
coconut

1 Tbsp. water
1 c. pecans
2 c. Rice Krispies

Melt butter. Add sugar; stir until sugar is dissolved. Add dates and water; heat until dates are soft, but do not boil. Remove from heat. Add nuts and Rice Krispies. Mix well. Shape into balls and roll in coconut or confectioners sugar.

Shirley Bartley

PEANUT BUTTER SQUARES

1 c. butter or margarine
1 c. chunky peanut butter
2 c. graham cracker crumbs
2 c. sifted powdered sugar

1 c. (6 oz.) semi-sweet chocolate
morsels
2 Tbsp. shortening

Combine butter and peanut butter in a 2-quart glass bowl. Cover with a paper towel and microwave at High 1 1/2 minutes. Stir in graham cracker crumbs and powdered sugar. Press into an 11 x 7 x 1 1/2-inch baking dish. Combine morsels and shortening in a 2-cup liquid measuring cup; microwave at Medium (50% power) 2 minutes or until melted. Stir well and spread over peanut butter mixture. Cover and chill. Let stand at room temperature 10 minutes before cutting into squares. Yield: 4 dozen.

Mary Jane Watson

APPLE QUICK DESSERT

3 c. sliced apples
1 small pkg. jello (strawberry or
cherry)
1 c. flour

1 c. sugar
1/2 c. butter
1/4 c. water over apples

Place apples in lightly buttered 10-inch baking dish. Sprinkle dry jello mix. Mix flour, sugar and butter and spoon over mixture. Bake in 350° oven for 30 minutes.

Karen Dunn

STRAWBERRY PIZZA

Crust:

2 sticks margarine
2 c. self-rising flour

½ c. powdered sugar

Filling:

8 oz. cream cheese
1 c. powdered sugar

medium size Cool Whip

Crust: Cream margarine and sugar; mix in flour until dough forms. Put in ungreased pizza pan and bake at 350° until edges brown. Let cool.

Filling: Cream the cream cheese and sugar; stir in Cool Whip. Spread over crust.

Mix 1 quart strawberries and 1 jar strawberry glaze and spread on top.

Ruby Crumbley

PINEAPPLE AU GRATIN

2 large cans pineapple tidbits,
drained
1 c. sugar
2 c. grated sharp Cheddar
cheese

6 Tbsp. flour
½ c. margarine, melted
1 c. crushed Ritz crackers

Combine pineapple and cheese. In a separate bowl, combine sugar and flour. Stir into pineapple mixture. Pour into casserole dish. Combine margarine and Ritz crackers. Put on top of casserole and bake at 350° for 30 minutes.

Tonya Langham

WET WALNUT ICE CREAM TOPPING

1 lb. English walnuts

1 bottle pancake syrup

Put walnuts in quart jar; cover with pancake syrup. Refrigerate for 2 weeks before using.

Kathy Baxter

LEMON LUSH

1 ½ sticks margarine
 1 ½ c. self-rising flour
 ½ c. chopped pecans
 1 (8 oz.) cream cheese

1 (8 oz.) Cool Whip
 2 small boxes lemon instant
 pudding
 3 c. milk

Mix together margarine, flour and pecans. Spread in 9 x 13-inch baking dish. Bake at 325° for 20 minutes. Cool. Cream ½ Cool Whip (4 ounces) and cream cheese together and spread over crust. Mix lemon instant pudding and milk together and spread over cream cheese layer. Top with remaining ½ Cool Whip and chill.

*Juanita Stafford
 Lorene Keener*

SPEEDY BROWNIES

2 c. sugar
 1 ¾ c. plain flour
 ½ c. baking cocoa
 1 tsp. salt

5 eggs
 1 c. vegetable oil
 1 tsp. vanilla
 1 c. chocolate chips

In bowl, combine first 7 ingredients; beat until smooth. Pour into a greased 13 x 9 x 2-inch baking pan. Sprinkle with chocolate chips. Bake at 350° for 30 minutes.

Virginia Etheridge

COCONUT CREAM DELIGHT

One:

1 c. plain flour
 2 Tbsp. sugar

1 stick margarine
 ½ c. chopped nuts

Mix and spread in 9 x 13-inch pan. Bake at 350° for 15 minutes.

Two:

8 oz. cream cheese
 1 c. powdered sugar

1 c. Cool Whip

Mix well and spread on cooled crust.

Three:

3 c. milk
 2 pkg. coconut cream pudding

Cool Whip
 1 c. coconut

CAKES, COOKIES & DESSERTS

Mix milk and pudding. Spread over second layer. Spread balance of Cool Whip on pudding layer. Toast coconut on cookie sheet and sprinkle on top.

Shirley Bartley

SNICKERDOODLES

- | | |
|--|-----------------|
| 1 c. shortening (part butter or margarine) | 1 tsp. soda |
| 1 ½ c. sugar | ¼ tsp. salt |
| 2 eggs | 2 Tbsp. sugar |
| 2 ¾ c. all-purpose flour | 2 tsp. cinnamon |

Heat oven to 400°. Mix shortening, sugar and eggs thoroughly. Measure flour and blend flour, soda and salt; stir in. Shape dough in 1-inch balls. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place 2-inches apart on ungreased cookie sheet. Bake 8 to 10 minutes. These cookies will puff up at first, then flatten out.

Charlene Hawkins

MOCHA TRUFFLES

- | | |
|-----------------------------------|---------------------------|
| 2 pkg. semi-sweet chocolate chips | 2 tsp. water |
| 1 pkg. cream cheese, softened | 1 lb. dark chocolate |
| 3 Tbsp. instant coffee | confectioners coating |
| | white confectioners sugar |

In a double boiler, melt chocolate chips. Add cream cheese, coffee and water. Mix well; chill until firm enough to shape into 1-inch balls and place on a waxed paper-lined cookie sheet. Chill for 1 to 2 hours or until firm. Melt chocolate coating in double boiler. Dip balls and place on waxed paper to harden.

*Alicia Bryant
Janice Everett*

HAYSTACKS

- | | |
|-------------------------|---------------------------|
| 1 can chow mein noodles | 1 pkg. butterscotch chips |
| 1 c. salty peanuts | |

Melt butterscotch chips. Add noodles and peanuts to butterscotch. Drop by the spoonful onto wax paper. Cool. Can be frozen up to 3 months.

Sherry Baxter

WHITE CHOCOLATE PRETZELS

12 oz. white chocolate

2 to 3 dozen whole twisted
pretzels

Melt chocolate in microwave or double boiler. With fork or tongs, dip pretzels one at a time in chocolate. Let excess chocolate run off back into pan. Place dipped pretzels on waxed paper to cool.

Sherry Baxter

SCALLOPED PINEAPPLE

6 slices bread, cut in 1-inch
cubes2 sticks butter, cut into cubes
3 eggs, well beaten

2 c. sugar

1 large can crushed pineapple
(do not drain)

Mix all ingredients until blended. Place in 9 x 12 pan. Cook for 45 minutes at 350°.

Mary Davis

BLUEBERRY YUM-YUM

2 c. blueberries (fresh)

2 c. sugar, divided

¼ c. water

¼ c. cornstarch

3 Tbsp. water

1 c. all-purpose flour

½ c. margarine, softened

1 c. finely chopped pecans

1 (8 oz.) pkg. cream cheese,
softened1 (9 oz.) whipped frozen topping,
thawed

Combine blueberries, 1 cup sugar and ¼ cup water in medium saucepan. Cook over low heat until berries are soft. Combine cornstarch and 3 tablespoons water in a small mixing bowl. Stir well. Add cornstarch mixture into blueberry mixture. Cook, stirring constantly, until thickened. Set aside to cool. Combine flour, margarine and pecans in a small mixing bowl. Mix well. Press dough evenly into 13 x 9-inch baking dish. Bake at 350° for 20 minutes. Cool.

Combine cream cheese and 1 cup sugar; beat until smooth. Fold in whipped topping. Spread evenly over cooled crust. Pour blueberries mixture evenly on top. Refrigerate.

*Juanita Stafford
Barbara Bartley*

BROWNIES

$\frac{3}{4}$ c. flour	1 stick butter
1 c. sugar	3 Tbsp. cocoa
2 eggs	1 drop vanilla

Preheat oven to 350°. Mix all ingredients together. Bake for 20 minutes.

Angel Gallman

JELLO DELIGHT

1 c. margarine	1 small can crushed pineapple
1 c. shortening	1 c. chopped nuts
3 c. sugar	pinch of salt
3 eggs	graham crackers

Whip together in mixer the margarine, shortening, sugar and eggs. Add the crushed pineapple, chopped nuts and pinch of salt. In baking dish, spread layer of graham crackers ($\frac{1}{3}$ box), then $\frac{1}{2}$ of mixture on top. Top with second layer of crackers and spread rest of mixture on top. Then top with layer of crackers; cover and refrigerate overnight. Congeal. Make 2 small boxes of Jell-O; cut in very small pieces and spread over top layer of graham crackers with Cool Whip. Cut in squares.

Barbara Bartley

BANANA PUDDING

1 c. sugar	1 tsp. vanilla
2 Tbsp. flour	4 bananas (approximately)
2 c. milk	1 box vanilla wafers
2 eggs	

Cook until thick (cook in cast-iron skillet to prevent sticking). Stack bananas and vanilla wafers and pour cooked mixture over.

Jennifer Duvall

BLUEBERRY PUDDING

1 c. crushed cornflakes	$\frac{1}{2}$ tsp. vanilla extract
$\frac{1}{2}$ tsp. salt	1 Tbsp. reduced calorie
$\frac{1}{4}$ tsp. cinnamon	margarine, melted
sugar substitute to equal $\frac{1}{4}$ c. sugar	2 c. blueberries

Combine crushed cornflakes, cinnamon, sugar substitute, salt, vanilla and melted margarine. Place blueberries in bottom of baking dish. Cover with cornflakes mixture. Bake at 350° for 20 minutes.

Juanita Stafford

QUICK BANANA PUDDING

8 oz. Cool Whip
1 (14 oz.) can Eagle Brand
condensed milk
1 small box instant banana
pudding

2 c. milk
1 box vanilla wafers
6 or 7 large bananas

Layer bananas and vanilla wafers in a large casserole dish. Combine pudding, Cool Whip, Eagle Brand milk and milk. Blend with mixer for 5 minutes, then pour mixture over bananas and wafers; chill.

Susan Patterson

YUMMY BANANA PUDDING

3 c. milk
1 (8 oz.) pkg. instant vanilla
pudding mix
1 (8 oz.) carton sour cream

1 (8 oz.) carton whipped topping
1 (12 oz.) box vanilla wafers
4 large bananas, peeled and
sliced

In large mixing bowl, combine the milk and pudding mix and blend on low speed until it thickens. Add the sour cream and mix well, about 2 minutes. Fold the whipped topping into this mixture. Place a layer of vanilla wafers on the bottom of a 2-quart deep dish, then a layer of sliced bananas; cover this with half of the pudding mixture. Repeat with another layer. Sprinkle some vanilla wafer crumbs on top. Refrigerate until ready to serve. Yields 10 servings.

Juanita Stafford

CREAMY CHOCOLATE FROSTING

6 Tbsp. margarine, softened
6 Tbsp. cocoa
2 Tbsp. corn syrup

1 tsp. vanilla
2 c. powdered sugar
2 to 4 Tbsp. milk

In a mixing bowl, beat cocoa and margarine until well mixed. Add corn syrup and vanilla; mix, then slowly add powdered sugar.

CAKES, COOKIES & DESSERTS

Beat. Add enough milk to make right consistency. Beat until smooth and creamy.

Note: This is great on a cake or brownies. If using for brownies, split the recipe in half.

Teresa Cloer

FUDGE CAKE ICING

1 stick butter
2 c. sugar

2 sq. chocolate
½ c. milk

Mix all ingredients together in saucepan. Bring to a rolling boil. Cook and stir 1 minute only. Cool and then whip with a mixer.

Lorene Keener

••EXTRA RECIPES••



EVERAGES,
MICROWAVE
MISC.

IF ANY MAN IS THIRSTY, LET HIM COME
TO ME AND DRINK."

JOHN 7:37

Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, or bouillon - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily if cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by slowly adding a small amount of hot mixture to the beaten eggs to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

BEVERAGES, MICROWAVE & MISCELLANEOUS

PUNCH

- | | |
|------------------------|-----------------------------|
| 2 pkg. lime Kool-Aid | 1 large can pineapple juice |
| 2 pkg. cherry Kool-Aid | 1 medium can orange juice |
| 1 qt. ginger ale | |

Combine all ingredients; mix well. Makes 2 gallons.

Kaye K. Gladden

BRIDE'S PINK PUNCH

(Double Measure)

- | | |
|---------------------------------|---------------------------------|
| 1 (6 oz.) pkg. strawberry jello | 2 (46 oz.) cans pineapple juice |
| 2 c. boiling water | (unsweetened) |
| 2 pkg. strawberry Kool-Aid | 20 oz. club soda |
| 4 c. sugar | 4 qt. pineapple sherbet |
| 4 qt. water | |

Dissolve jello in boiling water. Mix Kool-Aid in cold water. Add sugar to jello and Kool-Aid water and stir well. Add pineapple juice; stir and refrigerate. Add your club soda and sherbet just before serving. Delicious!

Rita Rymer

FROZEN PUNCH

- | | |
|--------------------------|-----------------------------|
| 3 ½ c. sugar | 1 large can pineapple juice |
| ½ doz. lemons | 1 ½ tsp. almond flavoring |
| 2 tsp. vanilla flavoring | 1 qt. ginger ale |

Squeeze juice from lemons. Pour water over rinds; boil 5 minutes and strain juice. Juices should equal 1 gallon with pineapple juice. Add water if needed. Add all ingredients together except ginger ale and freeze.

To serve, pour ginger ale over frozen juices.

Juanita Southerland

MOCK CHAMPAGNE

- | | |
|-------------------------------------|--------------------------|
| 4 c. sugar | 2 c. orange juice |
| 4 c. water | 8 pt. chilled ginger ale |
| 4 c. grape juice or pineapple juice | |

BEVERAGES, MICROWAVE & MISCELLANEOUS

Boil sugar and water for 3 minutes and cool. Add the juices and chill. Just before serving, add chilled ginger ale. Makes 50 servings.

Mary Jane Watson

PUNCH

1 (8 oz.) pkg. strawberry Jell-O
1 (16 oz.) frozen lemonade
1 (12 oz.) orange juice

1 can sweetened pineapple juice
1 qt. ginger ale
6 c. water

Dissolve Jell-O in 2 cups of boiling water; add frozen juice. Stir until well blended. Stir in 6 cups water. Add pineapple juice and ginger ale. Serves 50 people.

Alicia Bryant

APRICOT JAM

1 (16 oz.) dried apricots
2 ½ c. orange juice
¾ c. sugar

1 Tbsp. lemon juice
½ tsp. cinnamon
¼ tsp. ginger

In a large kettle, combine apricots, orange juice and sugar. Cover and simmer for 30 minutes. Mix in lemon juice, cinnamon and ginger. Remove from heat; puree in food processor. Spoon into jars. Seal.

Alicia Bryant

PEACHY ORANGE JAM

3 large juice oranges
6 c. Domino granulated sugar
1 lemon

3 lb. (about 12) medium firm ripe
peaches

Grate the rinds of the oranges and lemon. Squeeze the juices and remove any seed. Do not strain. Combine rinds and juices in a large heavy kettle or Dutch oven. Peel and chop peaches into citrus juices. Stir in sugar and bring to boil over medium heat, stirring often. Reduce heat and let simmer slowly until thickened, about 35 to 45 minutes. Stir frequently. (Do not cover.) Pour into hot sterilized jars and seal at once. Yield: about 5 half pints.

Variations:

Unpeeled nectarines may be substituted for peaches.

Tropical Peachy Jam: When jam is almost thick, stir in 1 cup grated canned or packed coconut. Cook 10 minutes, stirring constantly.

Mary Jane Watson

EASY STRAWBERRY JAM

2 c. mashed strawberries
4 c. sugar

1 pkg. Sure-Jell fruit pectin
¾ c. water

Stir strawberries and sugar together, mixing thoroughly. Set aside. Stir Sure-Jell fruit pectin and water in saucepan. Bring to boil, stirring constantly. Boil 1 minute. Stir mixtures together until sugar is completely dissolved and no longer grainy. Pour into containers. Cover. Let stand overnight. Store in freezer until opened. Then store in refrigerator. Makes 4 (8-ounce) containers.

Helpful Hint: Measure sugar exactly and do not reduce amount or jam will not set properly.

Susan Patterson

A HAPPY HOME RECIPE

4 c. of Love
5 spoons of Hope
2 c. of Loyalty
2 spoons of Tenderness

3 c. of Forgiveness
4 qt. of Faith
1 c. of Friendship
1 barrel of Laughter

Take Love and Loyalty, mix them thoroughly with Faith. Blend with Tenderness, Kindness and Understanding. Add Friendship and Hope. Sprinkle abundantly with Laughter. Bake with Sunshine. Serve daily with generous helpings.

In memory of Pearly Stafford.

Barbara Bartley

BASKET FULL OF JELLY BEANS

("Jelly Bean Prayer")

Red - The blood He gave
Green - The grass He made
Yellow - The sun so bright
Orange - The edge of night

Blue - The sky He made
White - The grace He gave
Purple - His house of sorrow
Pink - Our new tomorrow

A basket full of jelly beans
Colorful and Sweet
Is a prayer to a promise
Is a small spiritual treat.

Juanita Stafford

PLAY DOUGH

1 c. flour
1 c. water
1 Tbsp. plus 1 tsp. cooking oil
a little food coloring

2 drops of oil of clove or
peppermint
½ c. salt
2 tsp. cream of tartar

Stir ingredients together. The mixture will look very runny. Cook over low heat for 2 or 3 minutes, stirring constantly. Allow to cool well. Knead until dough is smooth and elastic. Store in airtight plastic container. This material will keep a month or more with daily use.

Judy Reynolds

CARAMEL CORN

1 c. margarine
2 c. firmly packed brown sugar
½ c. syrup (corn)
1 tsp. salt

½ tsp. baking soda
1 tsp. vanilla
8 qt. popped corn

Melt margarine. Stir in sugar, syrup and salt. Bring to boil, stirring constantly. Boil without stirring 5 minutes. Remove from heat. Stir in soda and vanilla. Gradually pour over popped corn. Mix well. Turn into 2 shallow pans or big roaster. Bake in 250° oven 40 minutes. Stir every 10 minutes. Remove from oven. Cool. Break apart. Store in tight container.

Mary Jane Watson

SUGAR SUBSTITUTE

2 c. nonfat dry milk
2 c. cornstarch

1 c. Sugar Twin

Blend in blender until powdery. Stores well.

"An old friend gave me this sugar substitute recipe. It is to be used measure for measure in all baking recipes."

Juanita Stafford

HOLIDAY SCENT

1 orange peel
2 cinnamon sticks
1 lemon peel

2 Tbsp. whole cloves
3 c. water

Allow mixture to simmer. Refrigerate. Can be used over until scent is gone.

Charlene Hawkins

COZY HOT CHOCOLATE

2 Tbsp. baking cocoa
2 Tbsp. sugar
¼ c. water

2 c. milk
½ tsp. vanilla
whipped cream

In a saucepan, mix the cocoa and sugar; add water. Bring to a boil, stirring constantly. Boil for 1 minute. Reduce heat, add milk and heat through. Remove from the heat and stir in vanilla; pour into 2 cups. Top with whipped cream.

Abby Morris

SLOW-COOKED APPLE BUTTER

8 to 10 McIntosh or Rome Beauty
apples
3 to 4 c. sugar

2 tsp. cinnamon
1 tsp. ground cloves

Wash, peel and pare enough apples to fill crock-pot. Cook on high until soft, stirring occasionally. Add sugar, cinnamon and cloves; cover. Cook on high 8 to 10 hours. Remove cover last half hour of cooking. Remember to stir occasionally. Ready to put in jars and seal. Tried and true recipe.

Virginia Etheridge

COCONUT PANCAKE SYRUP

1 bottle white Karo syrup

1 pkg. fresh frozen coconut

Blend on high in blender for 3 to 5 minutes. Heat in microwave for 2 minutes on high. Pour over pancakes.

Kathy Baxter

PEANUT BRITTLE

(Microwave)

1 c. peanuts

1 c. sugar

1/8 tsp. salt

1/2 c. white corn syrup

1 tsp. butter

1 tsp. vanilla

1 tsp. baking soda

Stir peanuts, sugar and salt; add syrup in 1 1/2 quart glass bowl. Microwave on High 7 to 8 minutes; stir well after 4 minutes. At end of 8 minutes, add butter and vanilla. Blend well. Return to microwave and cook on High 1 or 2 minutes more. Remove from oven and add baking soda. Stir until light and foamy. Pour immediately on greased cookie sheet. Cool 30 to 60 minutes. Break into pieces and store in airtight container.

Mary Jane Watson

SWEETENED CONDENSED MILK

1 c. instant nonfat dry milk

2/3 c. sugar

1/2 c. boiling water

3 Tbsp. melted margarine

Combine all ingredients in blender; process until smooth. Makes 1 1/4 cups or the equivalent of 1 can.

Rita Rymer

Mary Jane Watson

CORN DOGS

1 c. cornmeal

1 c. flour

2 Tbsp. sugar

2 tsp. baking powder

1/2 tsp. salt

1 egg, slightly beaten

1 c. milk

2 Tbsp. melted shortening

1 lb. wieners

Mix cornmeal with flour, sugar, baking powder and salt. Add egg and milk; blend in melted shortening. Mix well. Dip wieners in batter. Fry in deep fat.

Mary Jane Watson

PARTY PUNCH

1 (46 oz.) can pineapple juice	¼ c. fresh lemon juice
1 (6 oz.) can frozen orange juice	1 large bottle ginger ale
½ c. powdered sugar	

Have all juices chilled. Combine pineapple and orange juices; melt powdered sugar in lemon juice and add. Add ginger ale just before serving. Makes 2 ½ quarts.

Mary Jane Watson

ORANGE SHERBET

1 can sweetened condensed milk	1 (2 liter) bottle orange soda
--------------------------------	--------------------------------

Mix soda and milk together slowly. Put in ice cream freezer and freeze.

Mary Jane Watson

PANCAKE SYRUP

3 c. sugar	1 tsp. vanilla
1 ½ c. water	2 tsp. butter flavoring
3 Tbsp. molasses	1 tsp. maple extract

Bring all to a boil, stirring until sugar dissolves (a good rolling boil). Turn off burner, but leave pot on burner until bubbling stops.

Sherry Baxter

CANNED KRAUT

1 gal. water	¾ c. white vinegar
1 c. salt	chopped cabbage

Heat water, vinegar and salt. Pack cabbage in jars and pour over cabbage. Seal and put in a cool place.

Ethel Ledford

PICKLE SWEET BANANA PEPPER

**1 c. sugar
1 c. vinegar**

**1 tsp. salt
yellow banana pepper**

Place sugar, vinegar and salt in saucepan. Heat and stir until sugar dissolves. Slice peppers lengthwise; remove seed. Place peppers in sterilized jars. Pack tightly. Pour syrup over peppers. Seal. Let set for several weeks.

Juanita Stafford

CANNED OKRA

**2 gal. okra
½ c. salt**

**1 c. vinegar
water to cover okra**

Put okra (cut up) in water, salt and vinegar and boil until okra changes color. Put in sterilized jars and seal. Turn upside-down to seal. Wash several times before cooking to remove vinegar taste.

*Brenda Sanford
Juanita Stafford*

NACHO POPCORN

**5 qt. popped popcorn
½ c. butter, melted
2 Tbsp. Parmesan cheese
2 Tbsp. dried parsley**

**1 tsp. garlic salt
1 tsp. chili powder
4 to 6 drops hot pepper sauce**

Place popcorn in a large bowl. Combine the remaining ingredients; drizzle over popcorn and toss until well coated.

Sherry Baxter

PIMENTO CHEESE

**1 lb. box Kraft American cheese
1 (4 oz.) jar pimentos**

1 c. mayonnaise

Grate cheese. Add other ingredients. Mix well. Makes 1 quart.

Rita Rymer

PUPPY CHOW

8 c. Rice Chex
1 (12 oz.) chocolate chips
1 stick butter

$\frac{1}{4}$ c. peanut butter
1 box powdered sugar

Melt chocolate chips, butter and peanut butter together. Pour over Rice Chex in a big bowl. Put powdered sugar in a bag and add Rice Chex a little at a time. Shake until well coated.

Rita Rymer

CINNAMON COCOA COFFEE

2 c. sugar
1 $\frac{1}{2}$ c. instant coffee crystals
1 c. powdered nondairy creamer

$\frac{1}{2}$ c. cocoa
 $\frac{1}{2}$ tsp. ground cinnamon

In a medium mixing bowl, combine all coffee mix ingredients. Store in airtight container no longer than 6 months.

For 1 serving, place hot water in large mug; add 2 to 3 tablespoons coffee mix.

For gift giving, place coffee mix in clear glass containers and decorate top with ribbons.

Charlene Hawkins

PARTY MIX

1 box toasted rice cereal
1 box toasted wheat cereal
1 bag pretzels
2 jars mixed dry roasted nuts

1 lb. butter or margarine
2 tsp. Worcestershire sauce
1 clove garlic

Melt butter, adding garlic and Worcestershire sauce. Mix other ingredients together and pour butter mixture over coating all ingredients. Spread in pan and heat at 250° for 30 minutes. Cool on brown paper to absorb excess grease.

*Leona Brooks
Georgia Patterson*

GOLD RUSH PUNCH

2 c. lemon juice, chilled
2 c. orange juice, chilled
2 c. sugar

2 c. water
4 qt. ginger ale, chilled
lemon slices

BEVERAGES, MICROWAVE & MISCELLANEOUS

Combine fruit juice, sugar and water in a large punch bowl. Stir until sugar dissolves. Just before serving, pour ginger ale down side of bowl, stirring gently. Float iced fruit garland in bowl, if desired. Garnish with mint leaves. Serve with cracked ice. Makes about 40 (½-cup) servings.

Mildred Bartley

FRUIT TEA PUNCH

- | | |
|-----------------------------------|--|
| 1 gal. tea | 1 regular size can frozen orange juice |
| 1 c. sugar | ¼ c. lemon juice |
| 1 can unsweetened pineapple juice | 1 small can frozen apple juice |

Make tea (Luzianne is the best). Add remaining ingredients; serve over ice.

For a delicious hot spiced tea, add 25 cloves and 3 cinnamon sticks. Simmer and serve hot.

Charlene Hawkins

BANANA PUNCH

- | | |
|---|---|
| 6 c. water | ½ c. lemon juice |
| 3 c. sugar | 3 c. mashed bananas (about 9) |
| 3 (32 oz.) cans unsweetened pineapple juice | 3 (1 liter) bottles ginger ale, chilled |
| 1 (6 oz.) can frozen orange juice concentrate | |

Bring 6 cups water and sugar to a boil in a Dutch oven. Stir in pineapple juice and next 3 ingredients. Pour into a 2-gallon container. Freeze 2 hours or until firm. Let stand at room temperature 45 minutes before serving. Pour ginger ale over banana mixture, stirring until slushy. Serve immediately.

Vickie Hulett

CANNED SQUASH OR OKRA

- | | |
|---|--------------|
| 1 gal. squash or okra, cut up in slices | ½ c. vinegar |
| 10 c. water | ¼ c. salt |

Heat water, vinegar and salt to a boil. Add vegetables in and reheat to boiling. Reduce heat to low boil and start packing jars with solution and vegetables. Seal with lids and rims. Turn jars upside-down and put towel over jars until cool. Before coating vegetables to fry. Drain and rinse.

Ruby Crumbley

--EXTRA RECIPES--

BEVERAGES, MICROWAVE & MISCELLANEOUS

--*YOUR FAVORITE RECIPES*--

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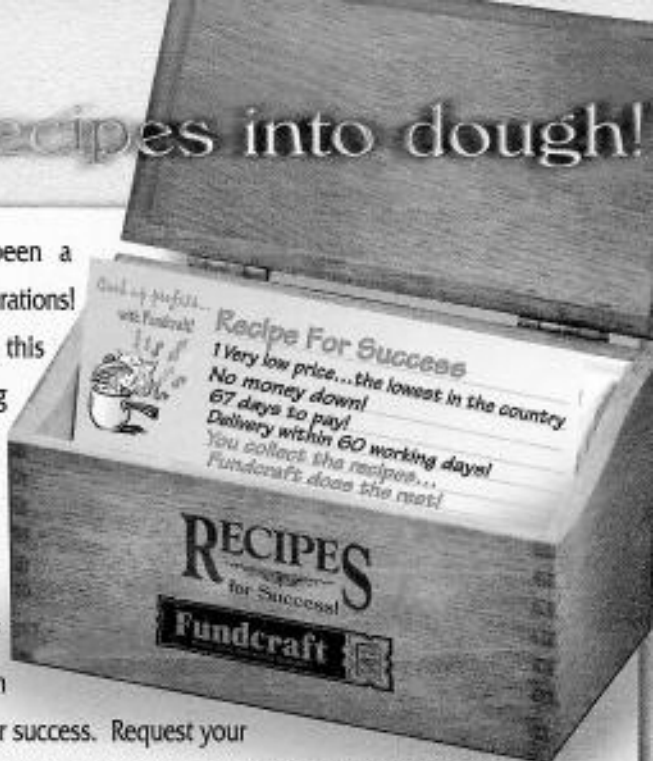
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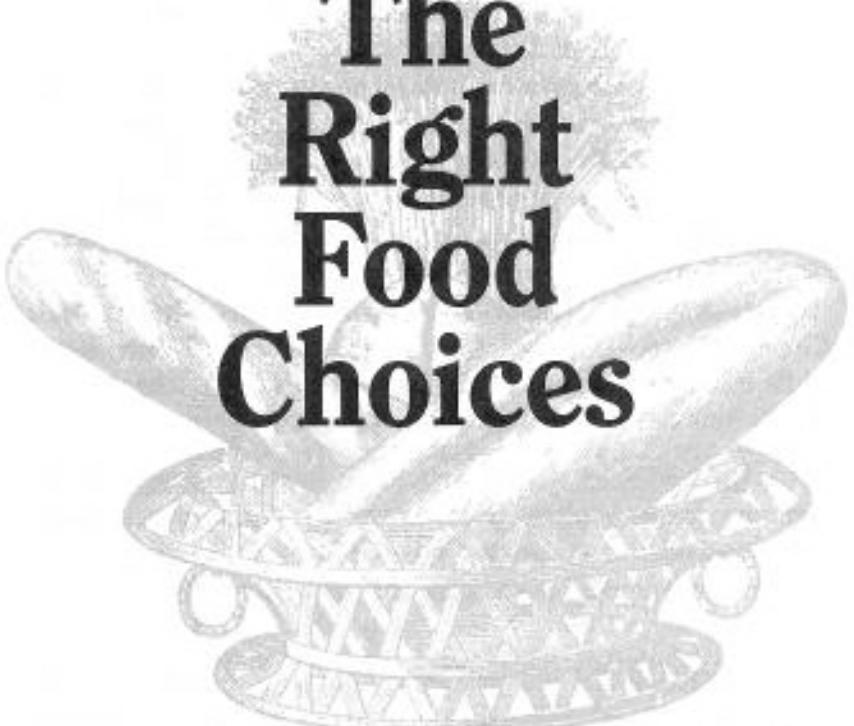
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Making The Right Food Choices

A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.

The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their everyday menu. Basically, this means selecting foods which are low in fat or fat free *more often*. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monosaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:

CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

MONOSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.

Decreasing Your Fat Intake

You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.

How to Pick What's Good for Your Diet
Formula % of calories from fat:
 $(\text{Grams of Fat}) \times 9 / (\text{Calories per serving}) =$
 $(\text{Percent of calories from fat})$

TABLE FOR COOKING VEGETABLES

<i>Vegetable</i>	<i>Ways To Prepare</i>	<i>Cooking</i>	<i>Time</i>
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling water or in consommé.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; if skin is tough, pare. Cut in 1/2 inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered, without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

A "QUICK" Summary Of



- DILL** Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
- FENNEL** Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
- MARJORAM** May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
- TARRAGON** Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
- CURRY POWDER** A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.
- CHIVES** Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.
- SAGE** Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued



Herbs & Seeds

continued...

- CARAWAY** Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.
- PAPRIKA** A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
- BASIL** Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
- OREGANO** Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
- BAY LEAF** A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.
- GINGER** An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
- CHERVIL** Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
- SHALLOTS** Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
- VINEGAR** Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

Calories

Almonds.....	12 to 15.....	93
Cashews.....	6 to 8.....	88
Chocolate Bar (nut).....	2 ounce bar.....	340
Coconut (Shredded).....	1 cup.....	344
English Toffee.....	1 piece.....	25
Fudge.....	1 ounce.....	115
Mints.....	5 very small.....	50
Peanuts (salted).....	1 ounce.....	190
Peanuts (roasted).....	1 cup.....	800
Pecans.....	6.....	104
Popcorn (plain).....	1 cup.....	54
Potato Chips.....	10 medium chips.....	115
Pretzels.....	10 small sticks.....	35
Walnuts.....	8 to 10.....	100

DAIRY PRODUCTS

American Cheese.....	1 cube, 1 1/2 inch.....	100
Butter or Oleomargarine.....	1 level Tbsp.....	100
Cheese (blue, cheddar, cream, Swiss).....	1 ounce.....	105
Cottage Cheese (uncreamed).....	1 ounce.....	25
Cream, light.....	1 Tbsp.....	30
Cream, whipped.....	1 Tbsp.....	25
Egg White.....	1.....	15
Egg Yolk.....	1.....	61
Eggs (boiled or poached).....	2.....	160
Eggs (scrambled).....	2.....	220
Egg (fried).....	1 medium.....	110
Yogurt (flavored).....	4 ounces.....	60

DESSERTS

Cakes:

Angel Food Cake.....	2" piece.....	110
Cheesecake.....	2" piece.....	200
Chocolate Cake, Iced.....	2" piece.....	445
Fruit Cake.....	2" piece.....	115
Pound Cake.....	1 ounce piece.....	140
Sponge Cake.....	2" piece.....	120
Shortcake with fruit.....	1 avg. slice.....	300
Cupcake, iced.....	1.....	185
Cupcake, plain.....	1.....	145

Pudding:

Bread Pudding.....	1/2 cup.....	150
Flavored Puddings.....	1/2 cup.....	140

Pies:

Apple.....	1 piece.....	331
Blueberry.....	1 piece.....	290
Cherry.....	1 piece.....	355
Custard.....	1 piece.....	280
Lemon Meringue.....	1 piece.....	305
Peach.....	1 piece.....	280

CALORIE COUNTER

DESSERTS (Cont.)

Calories

Pumpkin.....	1 piece.....	265
Rhubarb.....	1 piece.....	265
Ice Cream:		
Chocolate Ice Cream.....	1/2 cup.....	200
Vanilla Ice Cream.....	1/2 cup.....	150
Miscellaneous:		
Chocolate Eclair, custard.....	1 small.....	250
Cookies, assorted.....	1, 3-inch dia.....	120
Cream Puff.....	1.....	296
Jello, all flavors.....	1/2 cup.....	78

BEVERAGES AND JUICES

Chocolate Malted.....	8 ounces.....	450
Cocoa (all milk).....	8 ounces.....	235
Cocoa (milk & water).....	8 ounces.....	140
Coffee (black/unsweetened).....		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits.....	1 large or 2 small.....	129
Bran Muffin.....	1 medium.....	106
Cornbread.....	1 small square.....	130
Dumplings.....	1 medium.....	70
Enriched White Bread.....	1 slice.....	60
French Bread.....	1 small slice.....	54
French Toast.....	1 slice.....	135
Macaroni and Cheese.....	1 cup.....	475
Melba Toast.....	1 slice.....	25
Noodles cooked.....	1 cup.....	200
Pancakes (wheat).....	1, 4-inch.....	60
Raisin Bread.....	1 slice.....	80
Rye Bread.....	1 slice.....	71
Saltines.....	1.....	17
Soda Crackers.....	1.....	23
Waffles.....	1.....	216
Whole Wheat Bread.....	1 slice.....	55

BREAKFAST CEREALS

Corn Flakes.....	1 cup.....	96
Cream of Wheat.....	1 cup.....	120
Oatmeal.....	1 cup.....	148
Rice Flakes.....	1 cup.....	105
Shredded Wheat.....	1 biscuit.....	100
Sugar Krisps.....	1/2 cup.....	110

FISH AND FOWL

Bass.....	4 ounces.....	105
Brook Trout.....	4 ounces.....	130
Crabmeat (canned).....	3 ounces.....	85
Fish Sticks.....	5 sticks or 4 oz.....	200
Haddock (baked).....	1 fillet.....	158
Haddock (broiled).....	4 ounces (steak).....	207

CALORIE COUNTER

FRUITS

Apple (raw).....	1 small.....	70
Banana.....	1 medium.....	85
Blueberries (frozen/unsweetened).....	1/2 cup.....	45
Cantaloupe Melon.....	1/2 melon large.....	60
Cherries, fresh/whole.....	1/2 cup.....	40
Cranberries (sauce).....	1 cup.....	54
Grapes.....	1 cup.....	65
Dates.....	3 or 4.....	95
Grapefruit (unsweetened).....	1/2.....	55
Orange.....	1 medium.....	70
Peach (fresh).....	1.....	35
Plums.....	2.....	50
Tangerine (fresh).....	1.....	40
Watermelon.....	1" slice.....	60

MEATS

Bacon (crisp).....	2 slices.....	95
Frankfurter.....	1.....	155
Hamburger (avg. fat/broiled).....	3 ounces.....	245
Hamburger (lean/broiled).....	3 ounces.....	185
Ham (broiled/lean).....	3 ounces.....	200
Ham (baked).....	1 slice.....	100
Lamb Leg Roast.....	3 ounces.....	235
Lamb Chop (rib).....	3 ounces.....	300
Liver (fried).....	3 1/2 ounces.....	210
Meat Loaf.....	1 slice.....	100
Pork Chop (med.).....	3 ounces.....	340
Pork Roast.....	3 ounces.....	310
Pork Sausage.....	3 ounces.....	405
Roasts (Beef)		
Loin Roast.....	3 1/2 ounces.....	340
Pot Roast (round).....	3 1/2 ounces.....	200
Rib Roast.....	3 1/2 ounces.....	260
Rump Roast.....	3 1/2 ounces.....	340
Spareribs.....	1 piece, 3 ribs.....	123
Swiss Steak.....	3 1/2 ounces.....	300
Veal Chop (med.).....	3 ounces.....	185
Veal Roast.....	3 ounces.....	230

SALADS AND DRESSINGS

Apple and carrot (no dressing).....	1/2 cup.....	100
Chef Salad/reg. oil.....	1 Tbsp.....	160
Chef Salad/mayonnaise.....	1 Tbsp.....	125
Chef Salad/ French, Roquefort.....	1 Tbsp.....	105
Cole Slaw (no dressing).....	1/2 cup.....	102
Fruit Gelatin.....	1 square.....	139
Potato Salad (no dressing).....	1/2 cup.....	184
Waldorf (no dressing).....	1/2 cup.....	140
Boiled Dressing.....	1 Tbsp.....	28
French Dressing.....	1 Tbsp.....	60
Mayonnaise.....	1 Tbsp.....	110

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils & Sweets
USE SPARINGLY

Milk, Yogurt &
Cheese Group
2-3 SERVINGS

Vegetable
Group
**3-5
SERVINGS**



KEY



Fat (naturally occurring and added)



Sugars (added)

These symbols show fats, oils, and added sugars in foods.

How to Use The Daily Food Guide

What counts as one serving?

Breads, Cereals, Rice and Pasta

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

Vegetables

1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits

1 piece of fruit or melon wedge

Milk, Yogurt and Cheese

1 cup of milk or yogurt
1/2 to 1 ounce of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets

LIMIT CALORIES FROM THESE
especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

How many servings do you need each day?

Calorie Level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	**2 - 3	**2 - 3	**2 - 3
Meat Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

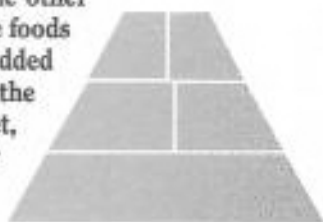
** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

A Closer Look at Fat and Added Sugars



The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



Nutrition Facts: Helping Consumers Eat Smart

Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.

New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value

Total Fat 12g 18%

Saturated Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	85g	80g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate • Protein

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

The New Food Label - What to Look For

The new food label can serve as an important guide to better nutrition, but only if you use it.

What should you look for?

First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.

The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it's easier than ever to eat healthy - just read the label.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250 Calories from Fat 110	
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3 g	15%
Cholesterol 30 mg	10%
Sodium 470 mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less Than 30g 35g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate Protein

Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.

SUGAR

Sugar Free	Less than 0.5 grams per serving.	No added sugar Without added sugar No sugar added	Processing does not increase content above the amount found naturally.
Reduced Sugar	At least 25% less sugar per serving than reference food.		

CALORIES

Calorie Free	Fewer than 5 calories per serving.	
Low Calorie	40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.	
Reduced Calorie	At least 25% fewer calories per serving than reference food.	Fewer Calories

CHOLESTEROL

Cholesterol Free	Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.
Low Cholesterol	20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.
Reduced or Less Cholesterol	At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.

FAT

Fat Free	Less than 0.5 g of fat per serving.
Saturated Fat Free	Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.
Low Fat	3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.
Low Saturated Fat	1 g or less per serving and not more than 15% of calories from saturated fatty acids.
Reduced Fat Less Fat	At least 25% less per serving than reference food.
Reduced or Less Saturated Fat	At least 25% less per serving than reference food.

SODIUM

Sodium Free	Less than 5 mg per serving.
Low Sodium	140 mg or less per serving or per 50 g of food.
Very Low Sodium	35 mg or less.
Reduced or Less Sodium	At least 25% less per serving than reference food.

FIBER

High Fiber	5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.
Good Source of Fiber	2.5 g to 4.9 g of fiber per serving.
More or Added Fiber	At least 25% more fiber than reference food.



Appetizers, Relishes & Pickles



Soups, Salads & Sauces



Meats & Main Dishes



Vegetables



Breads, Rolls & Pastries



Cakes, Cookies & Desserts



Beverages, Microwave & Misc.

*Here's How To Use
Your Thumb Index:
Place thumb on
black tab of the
item you want to
find. Flip through*

*until
a black tab appears
under your thumb.*



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